

**IHSA CROSS COUNTRY REGIONAL
LaGrange, Lyons Township High School
Saturday, October 24, 2015**

Location: LYONS TOWNSHIP HIGH SCHOOL, South Campus
4900 South Willow Springs Road
Western Springs, IL 60558
708-579-6300, 708-579-6393

Course: Flat, grassy field around the south campus practice fields.
Distance is 3.06 miles and the entire course is marked with a solid gold line, and finish is marked with a white dashed line. Course is 3 laps. Spikes are recommended.

Teams/Box #: Berwyn-Cicero (Morton)- 1
Chicago (Hubbard)- 2
Chicago (Curie)- 3
Proviso East- 4
LaGrange (Lyons)- 5
St. Ignatius- 6
Chicago (Kelly)- 7
Hinsdale (Central)- 8
Willowbrook- 9
Proviso West- 10

Entries: Submit the online list of participants to the IHSA website by deadline.

***Coaches should bring a copy of their online list of participants to the Regional and Sectional meets in case of potential conflicts.**

Scoring: We will be using a computer scoring program and all results will be available upon conclusion of the awards. All 12 athletes will receive a tag, and only 7 athletes eligible to compete.

Races:

1:15PM	Girls Race	top 7	3.0 Miles
2:00PM	Boys Race	top 7	3.0 Miles
2:45PM	Awards	top 5 finishers in each race	
		top Team in each race will receive a plaque	

Sectional Qualifiers: The top 6 Boys/Girls teams and the top 5 individuals not on a qualifying team advance

*All participants must come ready to compete. No locker rooms will be available.

*BUSES – Drop off athletes and park in oval drive in front of building.

*Have Teams camp near the building **off the course, off the field.**

*Course practice will be Wednesday or Thursday. Please email mdanner@lths.net in advance.

LT Cross Country Coaches



Michael Danner
Leo Reyes
Jake Discipio
Tom Stukel



Stetson Steele
Greg Frandsen
Luke Taylor
Callie Pogge