

IHSA REGIONAL – LaGrange, Lyons Township High School
Saturday, October 22, 2022

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 5K and the entire course is marked with a double solid gold lines, and finish is marked with a white double line. Course is 3 laps with inner finish loop. Spikes are recommended.

Box #:

1	Berwyn-Cicero (Morton)
2	Chicago (Juarez)
3	Downers Grove (North)
4	Elmhurst (York)
5	Glen Ellyn (Glenbard West)
6	Hillside (Proviso West)
7	LaGrange (Lyons)
8	Lombard (Glenbard East)
9	Maywood (Proviso East)
10	Oak Park (OPRF)
11	Villa Park (Willowbrook)

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

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

Scoring: Palatine Pack will be the timing company and will do chips.
<https://shazamracing.com/>
All 14 athletes will receive a chip, and only 7 athletes eligible to compete.

Races:

9:00 AM	Girls Race	top 7	5K
9:45 AM	Boys Race	top 7	5K
10:45 AM	Awards		

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

Rules:

- *All Contestants must wear regulation uniforms that match teammates
- *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. Do not camp in fieldhouse.**
- *Course practice will be Wednesday or Thursday, please email mdanner@lths.net in advance



5K Course= 3 laps clockwise (yellow), 1 inner loop (white) to finish.
3.6K Course= 2 laps clockwise (yellow), 1 inner loop (white) to finish.

Franklin Ave

Howard Ave

W 48th St

Courtland Cir

Rugeley Rd

Mariano's

Tuesda

Lyons Town High School South Campus

1

2

3

FINISH

START