



LOYOLA ACADEMY

Loyola Academy Flight Night Friday, October 11, 2024

Girls' Teams: Barrington, Chicago University, DePaul College Prep, Evanston, Glenbard West, Hinsdale Central, Lake Zurich, Libertyville, Loyola Academy, Maine South, Niles West, North Shore Country Day, Payton, Prospect, Rosary, Sandburg, St. Laurence, Wheaton St. Francis, Whitney Young

Boys' Teams: Barrington, Chicago University, DePaul College Prep, Evanston, Lake Zurich, Loyola Academy, Niles West, North Shore Country Day, Northridge Prep, Notre Dame, Payton, Prospect, St. Laurence, Wheaton St. Francis

Race Location:

Loyola Academy Munz Athletic Campus (Glenview)
1901 Johns Drive, Glenview, IL 60025

NOTE: Please remind your athletes and spectators so they do NOT go to the Loyola Academy campus in Wilmette. A course map is included on the last page of this document.

Race Entries:

You may enter up to 10 athletes in the two varsity flights. Enter your #6-10 runners in Flight 1 (select "A") and your #1-5 runners in Flight 2, the top flight (select "B").

Race Schedule:

Preliminary Races

5:00pm - Girls' Frosh-Soph (3 miles)
5:30pm - Boys' Frosh-Soph (3 miles)
6:00pm - Girls' JV (3 miles)
6:30pm - Boys' Open (3 miles)

Flight Night

7:00pm - Girls' Varsity Flight 1 ("A" on athletic.net) - #6-10 runners
7:30pm - Boys' Varsity Flight 1 ("A" on athletic.net) - #6-10 runners
8:00pm - Girls' Varsity Flight 2 (top flight - "B" on athletic.net) - #1-5 runners
8:30pm - Boys' Varsity Flight 2 (top flight - "B" on athletic.net) - #1-5 runners

For the varsity races, results from each flight will be merged together in final results.

Warm-up:

There will be no warm-ups allowed on the race course once the first race begins. All warm-ups, drills, and strides should be conducted off of the course and outside of the competition venue. The competition venue is determined as being inside the double lines that mark the course as well as inside the starting/finishing area.

Team Camps:

There is plenty of onsite parking. Buses should park at the north end by the main baseball field. Teams should set up camps only in the designated areas (see course map) on the east edge of the east turf field (just west or just south of the fence enclosing the lighted softball field).

Tents are allowed, but please be aware that our Glenview campus can be very windy. Tent sides are discouraged if the wind is such that it will destroy your tent. Tents can be set up either on the grass or on the turf field. If you set up on the turf field, keep well back from the green cones that mark the course running diagonally across the east turf field. Stakes (grass) or weights (turf) are recommended to secure your tent.

NOTE: Teams will no longer be allowed to set up camps inside the lighted varsity baseball or softball fields. Those fields will be closed off and are off-limits. Our Athletic Department will not allow camps in these areas.

Pets: Pets are NOT allowed on campus.

Race Check-in:

All athletes should check-in at the start line. Athletes may continue their warm-up off the race course. We will start the next race once all athletes have cleared the course from the previous race.

Course:

The course is double-lined and easy to follow. A map can be found on the last page of this packet.

Course records:

Matthew Conroy (Saint Ignatius)
14:54.9 (10/6/2023)

Scout Storms (Barrington)
17:23.0 (10/6/2023)

Awards:

Awards will be distributed to teams at the conclusion of the night.

Varsity: 1st and 2nd place team trophies, 1st-20th place medals.

Frosh/Soph: 1st place team trophy. 1st-15th place medals.

Open: 1st-10th place medals.

Results:

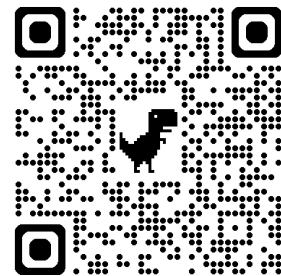
Results will be available at: <https://live.athletic.net/meets/38660>

Questions:

Dan Seeberg - dseeberg@loy.org

ChrisJon Simon - cjsimon@loy.org

Dave Behof - dbehof@loy.org



Loyola Academy Glenview Campus

3.0 Mile Course

Lap 1 = inner loop

Lap 2 = add lower field loop

Lap 3 = add lower field loop

Finish = around start line to complete 3rd Lap and then finish on turf field.

