



2020 CLASS 3A REGIONAL CROSS COUNTRY MEET
 Proviso West High School
 HILLSIDE, ILLINOIS

The Proviso West High School staff welcomes you to the IHSAA Class 3A Regional Cross Country Meet. We hope your experience in this meet will be rewarding and enjoyable.

Please read all the information closely and follow all directions included in this document. Thank you.

DATE: Saturday, October 24, 2020 **LOCATION:** Proviso West High School
 4701 W Harrison St
 Hillside, IL 60162

SCHOOLS (12T): Addison Trail Batavia Glenbard East
 Glenbard North Glenbard West Lyons Township
 Proviso West West Chicago Wheaton North
 Wheaton-Warrenville South Willowbrook York

ARRIVAL TIMES: Teams are instructed not to arrive prior to their assigned times. This will enable event host time to clear the area between the girl's races and boys' races.

Girls Arrival Time - 8:45am Boys Arrival Time – 12:15 PM

SPECTATORS: We are not allowing spectators on campus to view the race. Please make sure your parents and fans understand that they will not be allowed on campus at any point during the day. We are currently working on securing someone to live stream the races.

COMPETITION SCHEDULE:

| Time | Race (3.06 Miles) |
|-----------------|------------------------------|
| 8:45 AM | Girls Team Arrival |
| 10:00 AM | Girls (Runners #6 - #7) |
| 10:45 AM | Girls (Runners #4 - #5) |
| 11:30 AM | Girls (Runners #1 - #2 - #3) |
| Noon – 12:15 PM | BREAK TO CLEAR FACILITY |
| 12:15 PM | Boys Team Arrival |
| 1:30 PM | Boys (Runners #6 - #7) |
| 2:15 PM | Boys (Runners #4 - #5) |
| 3:00 PM | Boys (Runners #1 - #2 - #3) |



COACHES MEETINGS: Head Coaches are required to attend a meeting with the Meet Referee prior to competition. The meeting will be held at the finish line.

9:30am - Girls Coaches Meeting

1:00pm - Boys Coaches Meeting

STARTING BOX ASSIGNMENTS:

Girls

1. York
2. Proviso West
3. Wheaton-Warrenville S.
4. Wheaton North
5. Willowbrook
6. Glenbard West
7. Batavia
8. West Chicago
9. Glenbard East
10. Glenbard North
11. Addison Trail
12. Lyons Township

Boys

1. Wheaton North
2. Addison Trail
3. Wheaton-Warrenville S.
4. Lyons Township
5. Proviso West
6. York
7. Glenbard North
8. Batavia
9. Willowbrook
10. West Chicago
11. Glenbard East
12. Glenbard West

BUS DROP-OFF: Buses will enter the Proviso West campus from Wolf Road. All buses will park in the South Parking lot. Only school buses will be allowed on campus.

PACKET PICK-UP: Coaches should report to the tent located at the finish line to pick up number bibs. No hard copy packets will be distributed at the meet.

TERMS & CONDITIONS: The IHSAA Regional Meet will be conducted following the 2020 IHSAA Terms & Conditions.

TEAM CAMPS: Teams and groups of competing individuals will be assigned team camp areas located on our 10 tennis courts (SE = Southeast portion of court, NW = Northwest portion of court), and on the east side of the school near the football field. Please see the attached course map for your camp site.

Addison Trail – Court 7 SE

Batavia – Court 5 SE

Glenbard East – Court 1 NW

Glenbard North – Court 9 SE

Glenbard West – Court 2 SE

Lyons Township – Court 4 NW

Proviso West – Door 13

West Chicago – Court 3 SE

Wheaton North – Court 10 NW

Wheaton-Warrenville S. – Door 10

Willowbrook – Court 6 NW

York – Court 8 NW

IHSAA State Series Requirements will be followed, including:

Team camps can only be established in locations that are removed from the course.

There must be at least 30 feet of distance between each team's camp and camp sites must be large enough to allow for social distancing among those in each camp.

Athletes who are waiting to compete or who have already competed must remain in the team camp area unless they are called by meet management to be staged in another location for an upcoming race.



Athletes that have competed may become spectators for the 2nd or 3rd race but must wear face masks and follow all rules in place.

Coaches and athletes must wear facial coverings when social distancing is not possible or unless they are doing strenuous activity or competing.

Athletes in team camp areas must be under supervision at all times.

Schools may only bring their identified eight (8) runners from their list of participants declaration.

Schools may not bring additional non-competing athletes.

CERTIFICATION: All athletes, coaches, and individuals traveling with the team should complete their school/district's approved health certification process prior to coming to the event.

MASKS POLICIES: Proviso Township High School District 209 requires all coaches to wear a face covering that completely covers the nose and mouth at all times.

Athletes are expected to wear face coverings except when they are involved in strenuous activity and competing.

WARMUPS & COOLDOWNS: Warm ups will be allowed on the course prior to the first race starting time for each gender. After the first race warm ups can be on the outdoor track or the North Baseball field. Cooldowns will not be allowed on the course or course area.

Meet host reserves the right to restrict warm up on the course if weather and course conditions deem necessary to ensure best possible race conditions.

PRE-MEET COURSE and ACCESS: Due to District COVID protocols teams will be unable to view and run the course prior to the Regional meet.

Teams have been allowed a full 75 minutes from designated arrive times to race starting times for warm ups and to familiarize themselves with the competition course.

The entire course is marked with white lines, and yellow (Right), Blue (Straight), and Red (Left) flags. It is very easy for runners to navigate. The course is 3 laps (First lap is shorter).

ENTRIES: Per IHSA Terms & Conditions the Regional Online List of Participant declarations through [Athletic.net](https://athletic.net) must be completed by 11:59pm Monday, October 19

Substitutions during the Regional must come from the list of 8 runners on the Regional Online List of Participant declarations

TEAM SCORING: The scores from the first five (5) runners from each school to finish the race will be counted in determining team scores.

Schools that enter fewer than five (5) runners and/or have fewer than five (5) runners finish the race will not be eligible for team honors.



ADVANCEMENT: The first five (5) placing teams and the first five (5) individual runners who are not members of the advancing teams in Regional will advance to the Lyons Township Sectional meet on Saturday, October 31.

Additionally, if the 6th, 7th, or 8th overall individual finisher in the Regional is not a on a qualifying team, such 6th, 7th, or 8th place finisher in the individual race shall advance from the Regional to the Sectional meet.

TEAM TIES: Ties for the last team Sectional qualifying spot must be broken by comparing the tied team's 6th runners. Due to gathering limitations no more than five (5) teams can advance from Regional to Sectional.

INDIVIDUAL TIES: If individuals from different flights have identical times it will be considered a tie for that position with the points being equally distributed between the two runners.

Example: Runner A from flight 1 runs a time of 18:01.16 and Runner B from Flight 2 also runs 18:01.16. This constitutes a tie for team scoring for 18th place. The meet referee will consider it a tie for the overall place and score each runner 18.5 points. There would not be a 19th place and the next scorer would receive 20 points.

AWARDS: Individual Awards Places 1-5 (Runners from all schools may earn individual awards)

Team Championship plaque to the overall 1st Place team.

There will be no awards ceremony following the completion of race results.

Individual and team awards will be mailed to schools % the Athletic Director and Coach on Monday, October 26.

DRESSING: Participants must dress at home. Portable restroom facilities and handwashing stations are available. Runners will wear timing bibs attached to their uniform.

CONCESSIONS: No concessions will be provided. Please inform your students.

FINISH LINE & SCORING:

Give the assigned bib to each runner (This will be based on the master list provided for your team).

An open finish line system will be used.

Instruct your runners to simply run past the finish line. The camera will automatically record their place and time.

There will be no finish chute, so instruct your runners to exit the open chute area quickly when they have finished.

Bibs are disposable and will not be collected. Athletes may keep their bibs as a souvenir or dispose of them in the nearest garbage can.

Per IHSA Terms & Conditions, the meet manager will conduct a video review of the full finish for each flight and certify results.