



GIRLS & BOYS CLASS 3A XC REGIONAL MEET

HOST SCHOOL: WHEATON NORTH HIGH SCHOOL

- DATE:** Saturday, October 21, 2017
- PLACE:** **St. James Farm Forest Preserve** - 2S541 Winfield Rd, Warrenville, IL 60555
- TIME:** The girls' race will start at 9:00 A.M. and the boys' race will follow at 10:00 A.M. The races will start on time. Pick up information packet at the finish line when you arrive. There will be a coach's meeting at 8:15 A.M.
- PARKING:** **Buses** will drop off in main lot off of Winfield Road (just north of Butterfield) near team camps. Following drop off, yellow busses will be rerouted to park in rear lot accessible via **Hoy Ave** entrance (take Butterfield Rd. East, Left on Madison, left on Hoy).

Spectator parking will be available from both the main entrance off of Winfield Road along with Hoy Ave Entrance (take Butterfield Rd. East, Left on Madison, left on Hoy). Please share attached facility map.
- RULES:** 2017 National Federation Track Rules and the 2017 Terms and Conditions of the IHSA Cross Country State Series. (See included document)
- ENTRIES:** The IHSA on-line List of Participants must be completed no later than **11:59 PM (Midnight) Monday, October 16, 2017**. The on-line List of Participants is located on the IHSA Schools Center Web Site. A maximum number of twelve (12) runners may be listed on the List of Participants. Substitutions at the Sectional and/or State Final must be among the list of twelve (12) runners listed on the List of Participants. **Once the deadline has passed, names cannot be added or deleted from the List of Participants.**
- COURSE:** The course is grass and will be marked with appropriate ground markings, barriers, and cones. The mile and 2 mile will be marked. Course distance is 2.95 miles for both boys and girls.
- COURSE PREVIEW:** Teams may preview the course with their teams, with the exception of Monday, October 16th due to the running of the DVC Invite. Please note park service staff may be providing maintenance to the course during the hours of 7AM to 3:30 PM Monday-Friday.
- STARTING:** **Both Races will start promptly.** Fifteen minutes prior to the start, a horn will sound (**2 blasts**). All teams are to be at the starting line five minutes before the start. Starting boxes have been pre-assigned by blind draw. Each coach will place their **7** runners in any order within the box and with no more than 4 runners on the starting line. The starter will blow a whistle one minute prior to the start. There will be no verbal commands given. All runners must be set at that point.

- DRESSING** Participants must dress before coming to St. James Farm. We will have a bank of Porta Johns on-site for athletes and spectators
- AWARDS:** The awards for both girls' and boys' races will be presented at the conclusion of the meet. The 1st place team will receive a plaque and 1st through 5th place medals will be awarded to individuals.
- ADVANCEMENT** The first 6 placing teams and the first 5 individual runners who are **NOT** members of qualifying teams will advance to the Lake Park Sectional. Additionally, in the event the 6th, 7th, and 8th place finishers are not members of a qualifying team, they will also advance to the sectional.
- MARKERS:** The course will be will be marked with appropriate ground markings, barriers, and cones.
- SPECTATORS:** Parents and student spectators are expected to stay off the course and will not be allowed past the barriers at both the start and finish.
- T-SHIRTS:** Commemorative long sleeve technical event shirts will be sold for \$22.00
- CONCESSIONS:** A concession stand will be provided by the volunteers of the Boys and Girls Cross Country Programs.
- FINISH / SCORING:**
1. Give the correct chips and coordinating bib #'s to each runner (This will be based on the master list provided for your team.)
 2. An open finish line system will be used.
 3. Instruct your runners to simply run past the finish line. The computer chip will automatically record their place and time.
 4. There will be no finish chute, so instruct your runners to exit the finish area quickly when they have finished.
 5. Runners will be instructed to give their chips to their coaches and then coaches will return the bags of chips to the check in tent.
 6. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.

STARTING BOX:

School	Box
Carol Stream (Glenbard North)	8
Elmhurst (York)	2
Glen Ellyn (Glenbard West)	7
Lombard (Glenbard East)	5
Maywood (Proviso East)	3
Oak Park (O.P. – River Forest)	4
Villa Park (Willowbrook)	1
Wheaton (North)	9
Wheaton (W. Warrenville South)	6

Questions:

We look forward to hosting. Please contact us if you have any questions.

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