

WSC-Silver Cross Country Championships – LaGrange, Lyons Township High School
Saturday, October 15, 2016

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 3.0 miles and the entire course is marked with a solid gold line, and finish is marked with a white dashed line.

Scoring: Meet will be chip timing with computer scoring program with video backup. All results will be available upon conclusion of the awards. All athletes will receive a tag that will be collected in chute for backup. Only 7 athletes eligible to compete in the varsity race.

Races:

9:00	Girls Frosh	3.0 Miles
9:30	Boys Frosh	3.0 Miles
10:00	Girls Soph	3.0 Miles
10:30	Boys Soph	3.0 Miles
11:00	Girls Varsity Top 7	3.0 Miles
11:30	Boys Varsity Top 7	3.0 Miles
12:00	Girls JV	3.0 Miles
12:30	Boys JV	3.0 Miles
1:00	Awards in Fieldhouse	

Rules:

*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

There will be a concession stand with nutritional snacks, lunch and drinks

LT Cross Country Coaches



Michael Danner
Tom Stukel
Jake Discipio
Leo Reyes



Alex Lyons
Callie Pogge
Greg Frandsen
Luke Taylor
Julie Metz