



**IHSA SECTIONAL
BOYS & GIRLS CROSS COUNTRY
OCTOBER 29, 2022**



Hosted By: Waubonsie Valley High School

PLACE: Waubonsie Valley High School, 2590 Ogden Avenue, Aurora

PARTICIPANTS: Qualifying Teams & Individuals from the LaGrange (Lyons) Regional, Orland Park (Sandburg) Regional, & Hinsdale (Central) Regional.

TIME:

9:30 A.M.	-Coaches Meeting (<u>At the Finish Line- packets distributed at mtg.</u>)
10:30 A.M.	-Boys Race (<i>Report to start line by 10:15</i>)
11:30 A.M.	-Girls Race (<i>Report to start line by 11:15</i>)
12:30 P.M.	-Awards Ceremony

Please have your athletes adhere to the following prior to the start of the race:

Fifteen (15) Minutes – Teams should report to the starting line to be checked in by officials/clerks.
Three (3) Minutes – No more run outs. Athletes must report to start line. Whistle and speaker will be used for this warning. At this time, athletes will be instructed to remove any warm-ups and be race ready. They may leave their warm-ups on until this time depending on the weather. Final instructions from the meet referee will take place. After final instructions have been given, the meet referee will turn the race over to the head starter for the race to begin, even if it is a minute or two early.

The starter will be on a ladder BEHIND the start line. The starter will use a two command start for the race. A long whistle will be the “on your marks” followed by a pause, then the gun. Gun is a go.

PARKING: We are expecting an overflow crowd so we are making every attempt to facilitate the needs of the competitors first and then try to accommodate the spectators.

Buses will drop off the teams in the parking lot on the South side of the school; this parking lot is located off of Ogden Road. Spectators will park in the parking lot next to the tennis courts and soccer field off of Eola Road.

All overflow spectators parking will be directed to an off-site parking location.

COURSE: ***The course is two (2) 1.5 mile laps on Waubonsie Valley’s campus. See attached map.***

Course previews may be done on Thursday (10/27) or Friday (10/28). Please send an e-mail to Head Girls Cross Country Coach, Michelle Wicyk at michelle.wicyk@ippsd.org or Head Boys Cross Country Coach, Kevin Rafferty at kevin.rafferty@ippsd.org if you decide to preview the course on any other day. Please do not disrupt any WV football practice.

Course Records:

Boys- Evan Jager- 14:41 – Jacobs (2005)

Girls- Sarah Schmitt- 17:17 – Naperville North (2018)

TEAM CAMP: Team camps may be set up next to the school near the parking lot off of Ogden Avenue and on the softball outfield grass.

FACILITIES: NO LOCKER ROOMS WILL BE AVAILABLE – dress at home. Port-a-lets will be located by the softball fields and two (2) will be by the start line for race competitors only. In addition, there are restrooms near our stadium will be available and open for use.

RULES: Teams shall be considered to consist of a minimum of five (5) up to a maximum of fourteen (14) runners, each of whose names must appear on the Regional/Sectional Online List of Participant Declarations through Athletic.net. Seven (7) runners may be entered at any level in the state series. Any runner listed on the Regional/Sectional Online List of Participants Declaration through Athletic.net, and only those listed on the Regional/Sectional Online List of Participants, may be used as one of the seven (7) in the regional, sectional and/or state final. Note: No substitutions may be made by a team (coach) after a tag has been issued to any runner from that team at the starting line.

TIMING/SCORING Chip timing and scoring will be provided by ShaZam Racing.

TRAINER: Athletic trainers will be stationed at the finish line area.
PLEASE BRING YOUR OWN WATER AND ICE.

T-SHIRTS: IHSA Sectional t-shirts will be on sale – Long Sleeve Shirts \$20 (*see design attached*)

CONCESSIONS: A concession stand will be run by the Waubonsie Valley Booster Club.

SEVERE WEATHER: Anytime a cloud-to-ground strike of lightning can be seen, or thunder heard, risk is present, and a contest should be suspended. At that point, the 30-minute rule for resumption should go into effect.

If lightning or thunder is not present but the weather is starting to become ominous, tournament management and/or contest officials should use all available information to determine if and when the contest should be suspended.

WVHS Evacuation Site: Fieldhouse

ADVANCEMENT TO STATE FINAL MEET: *The first seven (7) placing teams and the first ten (10) runners who are not members of the advancing teams in each Sectional will advance to the State Final competition at Detweiller Park.*

For purposes of advancement of teams from sectionals to the State Final, ties for all team places except the last qualifying spot will be broken per NFHS Rule 8-2-4 (i.e., comparing the 6th runner from the tied teams). If a tie occurs at the **last qualifying spot**, the teams tied advance.

AWARDS: Individual – Medals will be awarded to the first ten (10) placing runners.
Team – A plaque will be awarded to each of the first place teams.



ADDITIONAL INFORMATION CONTACTS:

Chris Neibch
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630.375.3393

Michelle Wicyk
Head Girls Coach
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Kevin Rafferty
Head Boys Coach
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GOOD LUCK TO EVERYONE AND WE LOOK FORWARD TO A GREAT SECTIONAL MEET ON THE 29th