

**IHSA 3A Cross Country Regional
Hosted by Fenwick High School
Saturday, October 26th, 2013
Schiller Woods**

Fenwick High School welcomes you!

Meet Directors:

**Dave Rill (drill@fenwickfriars.com)
Mickey Collins (mcollins@fenwickfriars.com)**

Time and Place: The meet will be held at Schiller Woods located at the NW corner of Irving Park and Cumberland in Chicago.

Girls 3A- 1:30 p.m. Boys 3A- 2:30 p.m.

Parking: Buses should enter Schiller Woods from the South East entrance, drop off athletes, and park to the west of the east entrance. Please leave the east side of the parking area open for those groups running the meet, timing the meet, and spectators.

Course: The course is a sod covered area basically flat in terrain that will utilize a large portion of the park. The course map can be found at this site <http://www.mapmyrun.com/routes/view/52978414>. A better way to view the course is to utilize the 3-D fly by application located on the map. This will allow you to follow the entire course using Google Earth. The course does back track on itself but does not do so until after the 2 mile mark. **Each race will be 3.0 miles. On following page, Red line is 1st mile, Yellow dashes represent 2nd mile, and Blue dashes represent 3rd mile.**

Rules: The meet will be conducted in accordance to the IHSA terms and conditions for Cross Country provided online at IHSA.org. **Coaches- please review uniform rules as they will be strictly enforced.**

Coaches Meetings: 1:00 pm at Pavilion

Packets: Team packets will be available for pick-up at the meet on the 26th at the Grove 14 Pavilion located in the SE area of Schiller Woods. Meet packets will be available one hour before the first race begins at 12:30 p.m.

Entries: Entries for the race will be taken from the list of participants provided by the IHSA. This list is due to the IHSA by October 22nd.

Scratches: Your team may only use runners that are listed on the IHSA website.

Awards: Will be given out at the conclusion of the 3A Regional.

Advancement to Sectionals: As stated by the IHSA, the first six (6) teams, and the first five (5) individuals who are not members of an advancing team. In addition, in the event the 6th, 7th, and/or 8th place overall finisher in the regional is not on a qualifying team, such runners shall advance from the regional to the sectional meet.