



**2021 IHSA CLASS 3A HINSDALE CENTRAL  
BOYS AND GIRLS CROSS COUNTRY SECTIONAL  
MEET INFORMATION**



- DATE:** Saturday, Oct. 30, 2021
- PLACE:** Katherine Legge Memorial Park (KLM)  
5901 S. County Line Road  
Hinsdale, IL 60521
- PARTICIPATING TEAMS:** Teams and individuals from the LaGrange (Lyons), Orland Park (Sandburg) and Oswego (East) Regionals
- TIME SCHEDULE:**
- |          |   |
|----------|---|
| 9:00 am  | Packet pick-up (at Finish Line)           |
| 10:00 am | Workers meeting                           |
| 10:15 am | Coaches meeting by end of finish chute    |
| 11:00 am | Girls Race (course closed to warm-up)     |
| 12:00 pm | Boys Race                                 |
| 1:00 pm  | Awards and state information distribution |
- COURSE:** Girls distance: 3.0 miles (see enclosed map)  
Boys distance: 3.0 miles (see enclosed map)  
The course is lined in white. Course inspectors will be stationed at spots on the course for each race. They will be observing the conduct of the runners and will be reporting race infractions at the conclusion of that race. Course markings will be standard flag code. Race clocks will be visible at the mile and two mile mark for both races.
- FINISH CHUTE:** The finish will be videotaped. Judges will be at the finish to determine the order through the chute. The videotape will be reviewed. Coaches and spectators need to **STAY AWAY FROM THE FINISH LINE AREA.**
- PACKET PICK-UP/ COACHES HOSPITALITY:** Tent at Start/Finish Line
- COURSE PREVIEW:** The course is available to preview and run the week before the meet. Considering wet conditions this week, please try to avoid wet portions of the course. **NO TIME TRIALS ARE ALLOWED ON THE COURSE DURING THE WEEK PRECEDING THE RACE OR BEFORE OR AFTER SATURDAY'S RACES.**
- RESULTS:** One copy available at awards ceremony and online at: [Athletic.net](http://Athletic.net). Live results are at: [RCRM.live](http://RCRM.live).
- TERMS AND CONDITIONS:** Please familiarize yourself with the IHSA regulations regarding the running of this series. This information is available in the Terms and Conditions at [IHSA.org](http://IHSA.org). Computer scoring will be used.
- EQUIPMENT:** Contestants must meet all IHSA and National Federation clothing regulations. These are contained in the 2021 Track and Cross Country Rule Book and in the IHSA Terms and

Conditions.

**DRESSING:**

There are no dressing facilities at the park. Please come dressed to run.

**RESTROOMS:**

Facilities are available at the park. There will be portable units adjacent to the start area.

**WATER/ICE:**

**DUE TO THE NUMBER OF PARTICIPANTS, WE ARE ASKING EACH SCHOOL TO BRING THEIR OWN ICE AND WATER TO HELP OUR TRAINERS.**

**MEDICAL AID:**

We shall have athletic trainers on duty that day. Coaches are reminded that ergogenic aids, including “the use of oxygen, glucose gel, inhalers, water or other prescribed medication that is not a performance enhancer, shall be allowed without prior approval”.

**START:**

The starting procedure will be as follows:

**10 minutes prior to race:** Air horn sounds: clear start area; all competitors must report

**5 minutes prior to race:** Air horn sounds: all sweats must be removed for uniform inspection. Coaches must clear area. Runners will be brought to their marks by the blowing of a whistle and instructions given.

**When field is set and ready, the starter will fire the pistol. There will be NO VERBAL COMMANDS.**

**BOX**

**ASSIGNMENTS:**

A blind draw for starting box position was held. These are the results:

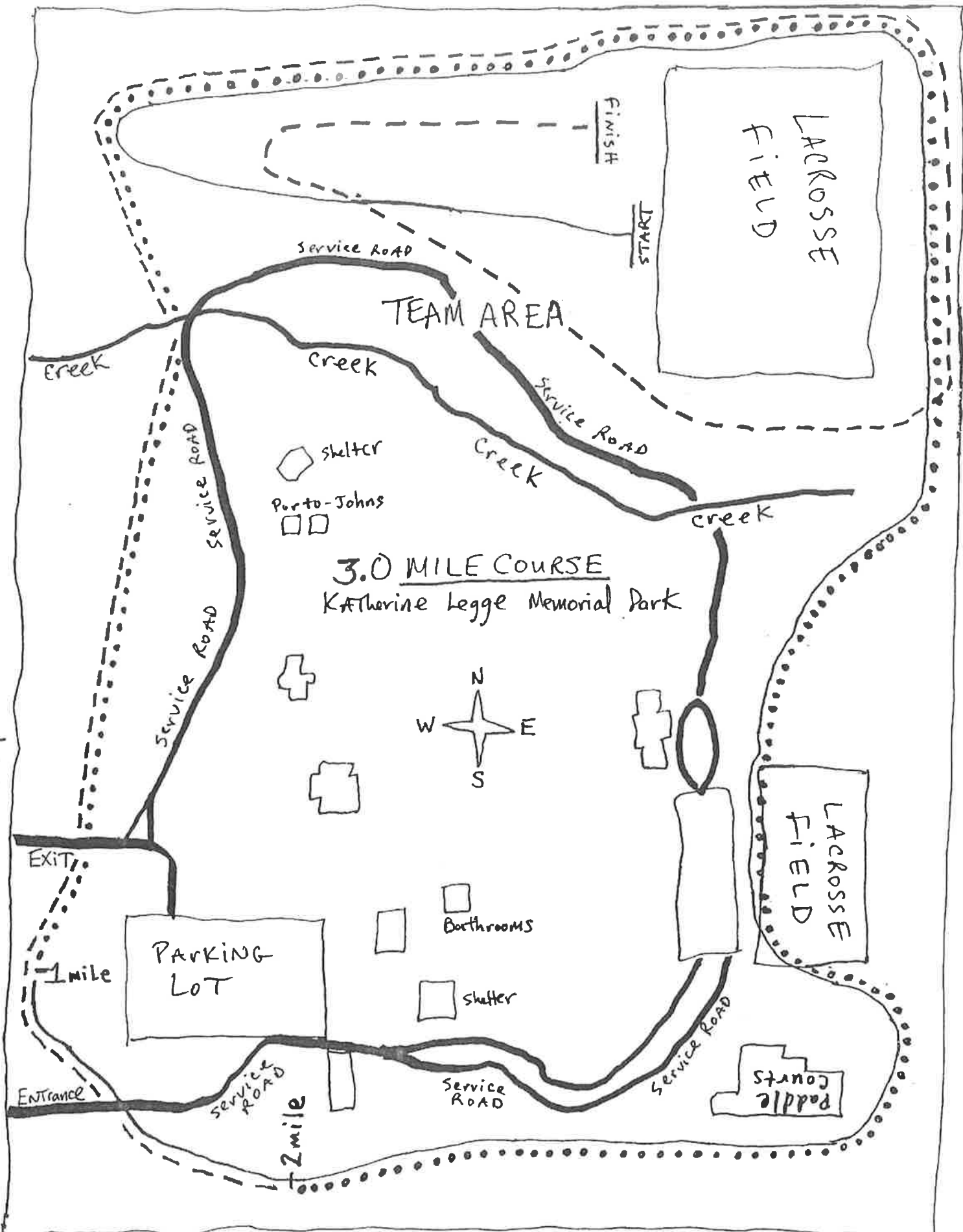
	<b>Girls</b>		<b>Boys</b>
1	Whitney Young	1	Benet
2	Downers Grove North	2	Shepard
3	Lyons Township	3	Naperville Central
4	Stagg	4	St. Ignatius
5	Sandburg Regional (Individuals)Stagg	5	Oswego
6	Downers Grove South	6	Argo
7	Lyons Township Regional (Individuals)	7	Lyons Township Regional (Individuals)
8	Hinsdale Central	8	Downers Grove North
9	Batavia	9	Sandburg
10	Sandburg	10	OPRF
11	Chicago Lane	11	Bolingbrook
12	Naperville Central	12	Downers Grove South
13	Mother McAuley	13	Lyons Township
14	Oswego East Regional (Individuals)	14	Sandburg Regional (Individuals)
15	Naperville North	15	Oswego_East Regional (Individuals)
16	Metea Valley	16	Hinsdale Central
17	Oswego East	17	Waubonsie Valley
18	Bolingbrook	18	Chicago Jones
19	Oswego	19	Naperville North
20	OPRF	20	Neuqua Valley
21	Reavis	21	Stagg

- PARKING:** All team mini-buses will park at KLM. All yellow coach buses will be directed to nearby parking lots. There will be very limited additional parking available at KLM. Parking is available on the streets west of County Line Road. \*\*Please inform your parents and spectators that parking is not allowed on County Line Road.
- TEAM AREA:** Hinsdale Central can help move team tents from the parking lot to the team area.
- CHIP RETURN:** TBA-We will discuss at coaches meeting
- SCORING:** At least five runners from a team must finish in order to be eligible for team honors. When fewer than five runners from any team finish, the places of the runners from that school are disregarded when computing team scores. These runners may, however, receive individual awards.
- AWARDS:** A plaque will be presented to the winning boys' team and the winning girls' team. Individuals will receive awards for 1<sup>st</sup> to 10<sup>th</sup> place.
- ADVANCEMENT:** For both boys and girls, the first seven (7) teams shall advance to the state meet. The first 10 individuals who are NOT on one of the advancing teams shall also advance to the state meet at Peoria's Detweiller Park.
- ENTRIES:** List of participants shall be obtained from the schools center after the regional winner's report has been filed. Coaches are encouraged to bring a hard copy of their on-line list of participants.
- GAMES COMMITTEE:** A games committee as described in the National Federation Track and Field rules 3-2-1 through 3-2-8 shall be appointed by the meet manager. This committee must be in place prior to the meet and shall act as jury of appeals (3-5-1). The committee shall also meet to suspend play due to hazardous weather conditions. Representatives from Sandburg HS, Hinsdale Central HS and Downers Grove North HS will serve on the game committee.
- CONCESSIONS:** The Hinsdale Central Cross Country programs will be running a complete concession area.
- T-SHIRTS:** We will be selling a limited number of long sleeve sectional t-shirts through an IHSA vendor for \$20. Online sales will also be available.
- QUESTIONS:** Please feel free to call with any questions:

Dan Jones, Athletic Director	630-570-8240
Mark McCabe, Girls Head Coach	630-920-8593
Jim Westphal, Boys Head Coach	630-570-8334



COUNTY LINE ROAD



KEY: 1 mile — 2 mile ..... 3 mile - - - -

IHSA Cross Country Sectional Souvenir Shirts  
Long Sleeve \$20

