



**HINSDALE CENTRAL  
HIGH SCHOOL**  
RED DEVILS

**Hinsdale Central Athletic Department**

5500 S Grant St

Hinsdale IL 60521

Athletic Director: Mike Jezioro

Athletic Office Phone: 630.570.8241

Athletic Office Fax: 630.570.8246



## 2023 IHSA Class 3A Hinsdale Central Boys and Girls Cross Country Sectional

- Date:** Saturday October 28 2023
- Locations:** Katherine Legge Memorial Park  
5901 S County Line Rd  
Hinsdale IL 60521
- Teams:** Teams and Individuals from the Lyons Township, Marist, and Naperville North regionals.
- Officials:** Meet Referee: James Rhode(33962), Starter: Mike Powers (11811), Official: Scott Yount and Scott Erwin.
- Schedule:**
- 8:00am: Packet pick-up (at finish line)
  - 9:00am: Workers meeting
  - 9:15am: Coaches meeting at finish line
  - 10:00am: Girls Race(course closed to warm-up)
  - 11:00am: Boys Race
- Awards to follow boys race
- 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:** 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/Hospitality:** Tent at the start/finish line.
- Course Preview:** **THE COURSE IS CLOSED ALL WEEK, NO TEAMS WILL BE ALLOWED OUT TO PREVIEW THE COURSE THIS WEEK.**
- Results:** One copy available at awards ceremony and online at: Athletic.net. Live results are at: RCRM.live.

**Course Map** →



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- 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. Computer scoring will be used.
- Equipment:** Contestants must meet all IHSA and National Federation clothing regulations. These are contained in the 2023 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:** 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 the area. Runners will be brought to their marks by the blowing of a whistle and instructions given.  
  
When the field is set and ready, the starter will fire the pistol. There will be NO VERBAL COMMANDS.
- Box Assignments:** A blind draw will be held after the regional races and box assignments will be emailed out.
- Bus Parking:** Drop off athletes at the course and then park at Hinsdale Central HS, 55th and Grant Sts. We will assist with carrying tents. Mini buses will be allowed to park at in the parking lot at Katherine Legge, yellow buses will have to drop and then park at Hinsdale Central High School.
- Parking:** Adjacent to the course. \*PLEASE INFORM THE PARENTS OF YOUR ATHLETES THAT PARKING IS NOT ALLOWED ON COUNTY LINE ROAD.
- Restrooms:** Available - PLEASE POLICE YOUR TEAM AREA – TRASH CANS WILL BE AVAILABLE. DO NOT USE RESTROOM FACILITIES IN THE ARTS CENTER AND THE PADDLE TENNIS AREA.
- Chip Return:** TBA-We will discuss at coaches meeting

**Course Map →**



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- 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 1st to 10th 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 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 Hinsdale Central HS and 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:**
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|--|---------------------|
| <b>Mike Jezioro, Athletic Director</b> | <b>630-570-8240</b> |
| <b>Mark McCabe, Girls Head Coach</b>   | <b>630-920-8593</b> |
| <b>Jim Westphal, Boys Head Coach</b>   | <b>630-570-8334</b> |