



**2019 IHSA CLASS 3A HINSDALE CENTRAL
BOYS AND GIRLS CROSS COUNTRY SECTIONAL
MEET INFORMATION**



- DATE:** Saturday, November 2, 2019
- PLACE:** Katherine Legge Memorial Park (KLM)
5901 S. County Line Road
Hinsdale, IL 60521
- PARTICIPATING TEAMS:** Teams and individuals from the LaGrange (Lyons), Chicago (Marist) and Plainfield (South) 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. **(Please stay off the course until Wed. Oct. 30th.) 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: <http://raceresultsplus.com/>.
- 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 2019 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:

	Girls		Boys
1	Morton	1	Plainfield South
2	Reavis	2	Shepard
3	Downers Grove North	3	Plainfield Central
4	Lyons Township	4	Plainfield North
5	Plainfield North	5	Oak lawn
6	Marist Regional (Individuals)	6	Argo
7	Downers Grove South	7	Lyons Township Regional (Individuals)
8	Hinsdale Central	8	Downers Grove North
9	Lyons Township Regional (Individuals)	9	Sandburg
10	Thorton	10	Marist
11	Proviso East	11	Lockport
12	Marist	12	Downers Grove South
13	Oak Lawn	13	Lyons Township
14	Mother McAuley	14	Plainfield South Regional (Individuals)
15	Plainfield South Regional (Individuals)	15	Plainfield East
16	Sandburg	16	Marist Regional (Individuals)
17	Plainfield South	17	Hinsdale Central
18	Argo	18	Eisenhower
19	Bolingbrook	19	Stagg
20	Lockport	20	Morton
21	Stagg	21	Reavis

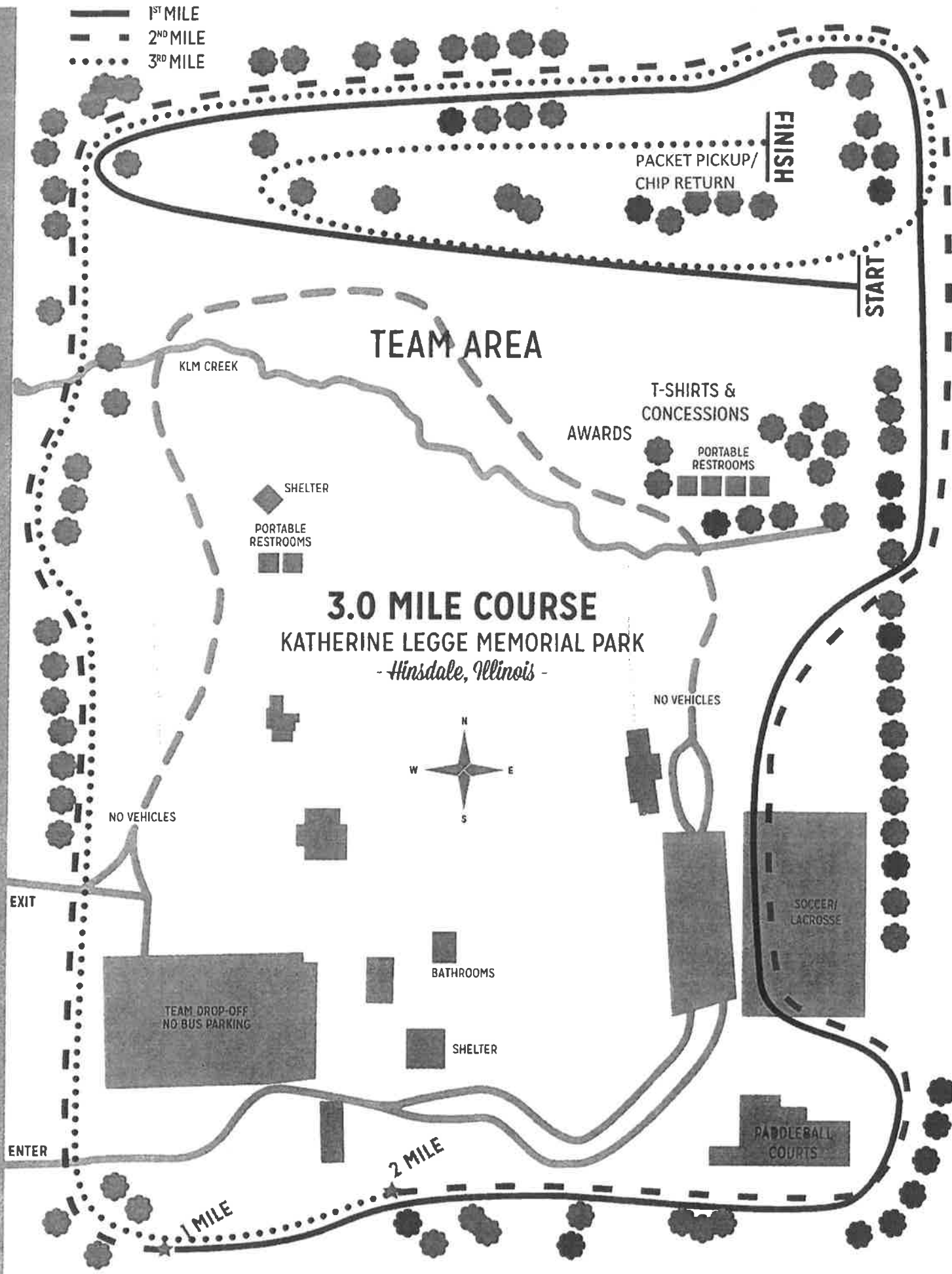
- PARKING:** All team mini-buses will park at KLM. All yellow coach buses can park at Hinsdale Central (55th and Grant Sts). There will be very limited additional parking available at KLM. Parking is available on the streets west of County Line Road. **Please inform your parents and spectators that parking is not allowed on County Line Road.
- TEAM AREA:** Hinsdale Central can help move team tents from the parking lot to the team area.
- NUMBERS:** Numbers with pre-printed labels will be worn. Safety pins will be provided.
- 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 1st to 10th place.
- ADVANCEMENT:** For both boys and girls, the first five teams shall advance to the state meet. The first seven 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.
- CONCESSIONS:** The Hinsdale Central Cross Country programs will be running a complete concession area.
- T-SHIRTS:** We will be providing long sleeve sectional t-shirts through an IHSA vendor.
- 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



- 1ST MILE
- - - 2ND MILE
- ... 3RD MILE

SOUTH COUNTY LINE ROAD



3.0 MILE COURSE
 KATHERINE LEGGE MEMORIAL PARK
- Hinsdale, Illinois -

FINISH

START

TEAM AREA

KLM CREEK

T-SHIRTS &
 CONCESSIONS

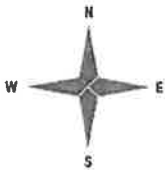
AWARDS

PORTABLE
 RESTROOMS

SHELTER

PORTABLE
 RESTROOMS

NO VEHICLES



NO VEHICLES

EXIT

SOCCER/
 LACROSSE

TEAM DROP-OFF
 NO BUS PARKING

BATHROOMS

SHELTER

PADDLEBALL
 COURTS

ENTER

2 MILE

1 MILE

Attention Coaches:

Cross Country Sectional Souvenir T-shirts for Sale
Long Sleeve Wicking T-Shirt \$22



Colors are brighter than they appear, shirt is heather color

Individual Names on back