

SCHOOLS PARTICIPATING AND STARTING BOXES:

- Bolingbrook 3
- Deerfield (boys only) 16
- Evanston 2
- Fenwick 18
- Glenbard East (boys only) 1
- Glenbard West (girls only) 8
- Highland Park 4
- Hinsdale Central 11
- Hinsdale South 7
- Lake Forest (girls only) 1
- Latin School 6
- Lockport (girls only) 14
- Metea Valley 17
- Minooka 12
- Naperville Central 15
- Naperville North (boys only) 8
- Neuqua Valley 9
- New Trier 5
- Niles North (boys only) 14
- Palatine 13
- Stagg (girls only) 16
- Wheaton-Warrenville South 10

COURSE: 3.0 Miles RED FLAG – Left Turn  
 or YELLOW FLAG – Right Turn  
 1.93 Miles BLUE FLAG – Straight

COACHES

MEETING: 8:30am – Packet pick-up/finish line area

TIME:	Var Boys	3 miles 9:00am	Entries Unlimited	<b>Coaches, please insure that your athletes are capable of finishing each race within a <u>25 to 30 minute period.</u></b>
	Var Girls	3 miles 9:30am	Entries Unlimited	
	Soph Boys	3 miles 10:00am	Entries Unlimited	
	Fr/Soph Girls	3 miles 10:30am	Entries Unlimited	
	Frosh Boys	1.93 miles 11:00am	Entries Unlimited	
	Open Girls	1.93 miles 11:25am	Entries Unlimited	

AWARDS: The awards ceremony will start at 12:15pm. Individual medals and t-shirts will be awarded to the top 10 finishers in all the races at the awards ceremony as well as plaques for the top three teams at all levels.

INDIVIDUAL AWARDS:

Varsity Boys.....	Medals 1 – 25
Varsity Girls.....	Medals 1 – 25
Sophomore Boys.....	Medals 1 – 25
Fr/Soph Girls.....	Medals 1 – 25
Frosh Boys.....	Medals 1 – 25
Open Girls.....	Medals 1 – 25

BUS PARKING: **Drop off athletes at the course and then park at Hinsdale Central HS, 55<sup>th</sup> and Grant Sts. The Start/Finish area will remain the same as last year. We will assist with carrying tents.**

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.**

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

INFORMATION:

<b><u>HINSDALE SOUTH</u></b>	<b><u>HINSDALE CENTRAL</u></b>
Gail Huster 630-468-4475	Mark McCabe 630-570-8241
Jim Dickerson 630-468-4254	Jim Westphal 630-570-8334