

SCHOOLS PARTICIPATING AND STARTING BOXES:

Bolingbrook 3	Minooka 12
Deerfield (boys only) 16	Naperville Central 15
Evanston 2	Naperville North (boys only) 8
Glenbard East (boys only) 1	Neuqua Valley 9
Glenbard West (girls only) 8	New Trier 5
Highland Park 4	Niles North (boys only) 20
Hinsdale Central 11	Niles West (girls only) 1
Hinsdale South 7	Palatine 13
Homewood-Flossmoor 19	Stagg (girls only) 16
Latin School 6	Wheaton-Warrenville South 10
Marian Catholic 18	Whitney Young (girls only) 14
Metea Valley 17	

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

TIME:	Var Boys	3 miles 9:00am	Entries Unlimited	Coaches, please insure that your athletes are capable of finishing each race within a <u>25 to 30 minute period.</u>
	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. Top 10 individual medals will be awarded 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, 55th 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:	<u>HINSDALE SOUTH</u>	<u>HINSDALE CENTRAL</u>
	Gail Huster 630-468-4475	Mark McCabe 630-570-8241
	Jim Dickerson 630-468-4254	Jim Westphal 630-570-8334