

SCHOOLS PARTICIPATING AND STARTING BOXES:

Bolingbrook	Minooka
Deerfield (boys only)	Naperville Central
Evanston	Naperville North (boys only)
Glenbard East (boys only)	Neuqua Valley
Glenbard West (girls only)	New Trier
Highland Park	Niles North (boys only)
Hinsdale Central	Niles West (girls only)
Hinsdale South	Palatine
Homewood Flossmoor	Stagg (girls only)
Latin School	Stillwater, MN (boys only)
Marian Catholic	Wheaton-Warrenville South
Metea Valley	Whitney Young (girls only)

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

TIME:	Soph 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>
	Fr/Soph Girls	3 miles 9:30am	Entries Unlimited	
	Var Boys	3 miles 10:00am	Entries Unlimited	
	Var 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, 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:

HINSDALE SOUTH	HINSDALE CENTRAL
Gail Huster 630-468-4475	Mark McCabe 630-570-8267
Jim Dickerson 630-468-4254	Jim Westphal 630-570-8334