



2015 GIRLS & BOYS CLASS 3A XC SECTIONAL MEET

HOST SCHOOL: LAKE PARK HIGH SCHOOL

Chicago (Whitney Young) Regional

Elmhurst (York) Regional

Skokie (Niles West) Regional

DATE: Saturday, October 31, 2015

PLACE: Lake Park High School East Campus
600 S. Medinah Road, Roselle (between Lake Street and Irving Park Road)

TIME: The **girls' race** will start at **1:00 P.M.** and the **boys' race** at **2:00 P.M.**

PACKETS & COACHES MEETING Coaches are asked to pick up packets and computer chips immediately upon arrival. Pick-up area will be located at the blue and white check in tent at the south end of the stadium.

The **coaches meeting with the meet referee** will be in the same location at **12:20PM**. In the event of inclement weather, this meeting will be held in the student cafeteria inside the building.

PARKING: Buses will drop off teams in the Medinah Baptist Church parking lot located at 900 Foster Ave., Roselle IL 60172. (directly behind the stadium.) Buses will be directed to park in our driver's ed range located on the south side of the high school. **No buses should park in the Medinah Church lot.**

Please instruct your spectators to park in the Medinah Church lot. It is the most convenient parking w/ access to the course. Additional parking is available in our school lots on the east side of the building.

RULES: 2015 National Federation Track Rules and the 2015 Terms and Conditions of the IHSA Cross Country State Series. (Included with this information)

ENTRIES: A maximum number of twelve (12) runners may be listed on the List of Participants. Substitutions at the Sectional and/or State Final must be among the list of twelve (12) runners listed on the List of Participants.
Once the deadline has passed, names cannot be added or deleted from the List of Participants.

RealTiming, Inc. will be providing computer chip timing and the official scoring for the meet. They will be taking your entrants directly from the IHSA website

EQUIPMENT: Spikes or flats.

- COURSE:** The course is grass and will be marked with appropriate flags, ground markings, and cones. Course distance is 3.0 miles for boys and girls. The finish of the race is on the track within the stadium.
- The course will be made available for teams to view and jog **Tues. 10/27, Wed. 10/28, and Thurs. 10/29, from 3:30 – 5:30PM**. Please note: these will be the only days/times of the week the course will be made available prior to the sectional meet on Saturday.
- Schools are asked to R.S.V.P. with the date and time they plan on viewing/running the course to jivory@lphs.org
- Lake Park reserves the right to cancel any date due to rain or inclement weather** to ensure the best possible course conditions on the championship course the day of the sectional.
- STARTING:** **The races will start promptly.** Fifteen minutes prior to the start, a horn will sound (**2 blasts**). All teams are to report to starting area 20 minutes before the start for check in. Starting boxes have been pre-assigned by blind draw. Each coach will place their **7** runners in any order within the box and with no more than 4 runners on the starting line. The starter will blow a whistle one minute prior to the start. There will be no verbal commands given. All runners must be set at that point.
- IHSA OFFICIALS:** Bill Drennan #49849
Kenrick Bond #71769
Scott Brechtel #65357
Lawrence Genge #57547
Cliff Norman #77237
- DRESSING:** No locker rooms are available – dress at home. Come to the course dressed to compete.
- Please be sure to review uniform rules from the Terms & Conditions (pages 4/5, Section VIII.E.1-6)
- ADVANCEMENT OF TEAMS/RUNNERS TO IHSA STATE FINALS:** The first 5 placing teams and the first 7 individual runners who are not members of the first 5 qualifying teams will advance to the State Final Meet. In addition, in the event the 8th, 9th, or 10th place overall individual finisher in the sectional is not on a qualifying team, such 8th, 9th, or 10th place overall finisher in the individual race shall advance from the sectional to the State final meet.
- AWARDS:** The awards for both girls' and boys' races will be presented at the conclusion of the meet in the soccer stadium (weather permitting). Each 1st place team will receive a plaque; 1st through 10th place medals to individuals.
- MARKERS:** The course will be clearly marked with appropriate flags and cones. The course will also be lined And the entire course and roped off.
- SPECTATORS:** It would be helpful if you would let your parents and student body know that spectators are asked not to be on the course and are to stay back from the starting line and chute. **Spectators and coaches will not be allowed on the field or the track in the soccer stadium.**
- T-SHIRTS:** Long sleeve commemorative event shirts will be sold at a cost of \$20.00
- CONCESSIONS:** A concession stand will be run by Lake Park Booster Club at the concessions stand in the stadium

FINISH LINE & SCORING:

1. Give the correct chips to each runner (This will be based on the master list provided for your team.)
2. Give the correlating bib number to each runner and affix to front of singlet (this will help officials identify each runner on video when reviewing finish)
3. Instruct your runners to simply run past the finish line. The computer chips will automatically record their place and time.
4. Runners will be instructed to give their chips to their coaches and then coaches will return the bags of chips to the check in tent.
5. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.

SPORTSMANSHIP REMINDERS:

Course marshals will be in place on the course.

Any rules violations may result in a runner being disqualified:

- Cutting flags
- Snapping flags at other runners
- Pushing, shoving or interfering with other runners

Chute marshals will enforce Sportsmanship Rules in the chute.

- Any shoving, pushing, changing places or **use of profanity** may result in a runner being disqualified.

ADDITIONAL INFORMATION:

If you require additional information, please contact us:

Jay Ivory, Head Girls Cross Country Coach

jivory@lphs.org

Lance Murphy, Head Boys Cross Country Coach

lmurphy@lphs.org

Pete Schauer, Athletic Director, Meet Manager

pschauer@lphs.org

(630) 295-5325

Connie Day-Adams, Athletic Assistant

cday-adams@lphs.org

(630) 295-5326

Lake Park will do everything in our power to make the IHSA Cross Country Sectional an enjoyable and successful experience for your athletes, coaches, and spectators. Please do not hesitate to contact us with any questions.

Sincerely,



Pete Schauer, CAA
Athletic Director/IHSA Official Rep
Sectional Meet Manager
Lake Park High School

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