



2023 CLASS 3A CROSS COUNTRY SECTIONAL MEET HOST SCHOOL: LAKE PARK HIGH SCHOOL

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- REGIONAL SITES:** Oak Park & River Forest Regional (12T)
St. Charles East Regional (12T)
Hampshire Regional (12T)
- DATE:** Saturday, October 28, 2023
- PLACE:** Lake Park High School East Campus
600 S. Medinah Road, Roselle (between Lake Street and Irving Park Road)
- TIME SCHEDULE:**
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| 11:00am | Team Arrival (teams should not arrive before this time - 90 minutes race time) |
| 12:30pm | Coaches meeting with meet referee (Check in tent) |
| 1:00pm | Girls Race |
| 2:00pm | Boys Race |
- PARKING:** **Buses will drop off teams in the Jubilee Church parking lot located on Foster Ave. directly behind the stadium at 900 Foster Avenue, Medinah IL 60157.** Buses will then be directed to park in the Driver's Ed range located at the south end of the school building.
No buses (school or minibuses) should park in the Jubilee Church lot.
- The Jubilee Church is the most convenient place for spectator parking. Please share this information with your fans that will attend the meet.
- RULES:** 2023 National Federation Track Rules and the 2023 Terms and Conditions of the IHSAA Cross Country State Series.
- Link:** [2023 IHSAA Cross Country Terms & Conditions](#)
- Link:** [2023 IHSAA Cross Country Manual for Schools & Managers](#)
- ADVANCEMENT**
- Sectional to State Final:** The first **seven (7) placing teams** and the **first ten (10) runners** who are not members of the first seven (7) placing teams in each Sectional will advance to the State Final meet.
- Regional/Sectional Team Ties:** For purposes of advancement of teams from regional to sectional and sectionals to the State Final, ties for all team places except the last qualifying spot will be broken per NFHS Rule 8- 2-4 (i.e. comparing the 6th runner from the tied teams). If a tie occurs at the last qualifying spot, the teams tied both advance. Note: In the State Finals, team ties for the first three places will be broken by comparing the 6th runner from each of the teams involved in the tie.
- COURSE:** The course is grass and will be marked with appropriate flags, ground markings, and cones. The mile and 2 mile will be marked. Course distance is 2.99 miles. The race finish is on the track within the stadium.
- Link:** [Lake Park Course Map](#)

The course will be available to preview on the following dates:

Monday, 10/23, Tuesday, 10/24, and Wednesday, 10/25 from 3:30 – 6:30PM.

Please note: these will be the only days of the week the course will be made available. Lake Park reserves the right to cancel if we experience inclement weather or wet conditions to ensure the best possible race conditions 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

STARTING BOX ASSIGNMENTS

Final starting box assignments will be sent as a separate document when advancing teams and individuals have been identified after the completion of Regionals.

STARTING:

The races will start promptly. Fifteen minutes prior to the start, a horn will sound (**2 blasts**). All teams are to be at the starting line five minutes before the start. 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.

RESULTS:

Results will be considered unofficial until verified by the Meet Referee and posted in hard copy form on the bulletin board outside the concessions stand after a 15 minute coaches review period

BUILDING ACCESS

Access to the school building will be restricted. No athletes or coaches will be allowed in the school building. Athletes should come dressed to compete and prepared for late October weather. We will only move inside to evacuate in the event of inclement weather.

AWARDS:

Individual medals will be awarded to the first ten (10) and the Sectional Team Championship plaque to both first place teams.

There will be no formal awards ceremony after race results have been verified. Coaches will pick up awards packets and team championship plaques at the check in tent. Names of all medalists, advancing individuals and team places will be announced once finalized.

FINISH LINE & SCORING:

1. Give the correct timing bib #'s to each runner (This will be based on the master list provided for your team.)
2. An open finish line system will be used.
3. Instruct your runners to simply run past the finish line. The computer chip will automatically record their place and time.
4. There will be no finish chute, so instruct your runners to exit the finish quickly when they have finished.
5. The timing bibs are disposable so athletes may dispose of them after the race or keep as souvenirs of the event.
6. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.

Note: Per the T & C the meet referee will not review any video footage provided by coaches or spectators

7. Full meet results will be available on the PT Timing, Inc. website at <http://pttiming.com/event-results/all-results>

MARKERS:

The course will be clearly marked with appropriate flags and cones. The course will also be lined 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.

NO spectators are allowed on the field or the track in the stadium.

IHSA OFFICIALS: Referee: John Betteridge #11134
Starter: Jesus Rocha #62880
Finish Judge: Kirt Davis #81921
Finish Judge: Jeff Vorreyer #81080

SPIRIT WEAR: An online meet spirit wear store is available and will close at **11:59 PM on Wednesday, October 25**. Pre-orders will be boxed by school and available for pick up at the check in tent upon arrival. The store link and flier will be made available to qualifying participants Monday after Regional competition.

Limited stock of long sleeve t-shirts will be available the day of the Sectional for sale. Cash or personal check only. We urge all teams to place their orders in advance online.

CONCESSIONS: A concession stand will be run by Lake Park Booster Club at the concessions stand in the stadium.
HOSPITALITY: Cash, credit cards, or other forms of electronic payment accepted.

Hospitality will be provided for coaches and Sectional officials in the check in tent located at the south end of the stadium.

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.
- We will use the open finish line. The wide part of the finish line is the actual finish line. The finish line judges will determine the order of finish and direct athletes into the narrow part of the chute. The meet referees decision on the order of finish after completing the video review is final.

Lake Park takes great pride in hosting quality IHSA Cross Country State series events and will do everything in our power to ensure an enjoyable and successful experience for your athletes, coaches, and spectators. Please do not hesitate to contact us with any questions.

Jay Ivory, Head Girls Cross Country Coach

jivory@lphs.org

Joey Pacione, Head Boys Cross Country Coach

jpacione@lphs.org

Pete Schauer, Athletic Director/Meet Manager
Athletic Director

pschauer@lphs.org
630-295-5325

