



2019 CLASS 3A CROSS COUNTRY SECTIONAL MEET

HOST SCHOOL: LAKE PARK HIGH SCHOOL

DATE: Saturday, November 2, 2019

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. The races will start on time. Coaches may pick up team packets at the blue and white check in/hospitality tent located at the south end of the stadium when you arrive.

There will be a coach's meeting with the meet referee at the check in tent at 12:30 P.M.

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 should then proceed to the main parking lots located on the East side of the high school. **No buses 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: 2019 National Federation Track Rules and the 2019 Terms and Conditions of the IHSA Cross Country State Series.

[Link: 2019 IHSA Cross Country Terms & Conditions](#)

[Link: 2019 IHSA Cross Country Manual for Schools & Managers](#)

ADVANCEMENT

Sectional to State Final: The first five (5) placing teams and the first seven (7) runners who are not members of the first five (5) placing teams in each Sectional 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.

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 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 1 mile and 2 mile will be marked. Course distance is 3.0 miles for boys and girls. The finish of the race is on the track within the stadium. [Link: Lake Park Course Map](#)

Due to the forecast for rain this week the course will only be made available for teams to view and jog the course on the following dates: **Monday, 10/28, Tuesday, 10/29 from 3:30 – 5:30PM.**

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.

DRESSING:

No locker rooms are available – dress at home. Come to the course dressed to compete. Teams will be allowed to camp in the main gym due to the projected cold temperatures. Coaches are responsible to communicate with their athletes if they choose to camp indoors.

AWARDS:

The awards for both girls' and boys' races will be presented at the conclusion of the meet in the soccer stadium. Each 1st place team will receive a plaque; 1st through 10th place medals to individuals.

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.

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 area 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.
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
Starter: Lindsay Consdorf
Finish Clerk: Scott Brechtel
Finish Clerk: Cliff Norman

T-SHIRTS: Commemorative long sleeve 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.

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 finish judges decision on the order of finish is final.

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,
Athletic Director
Meet Manager

pschauer@lphs.org
630-295-5325

Lake Park will do everything in our power to make the IHSA Cross Country Sectional Meet 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
Lake Park High School

