

IHSA REGIONAL CROSS COUNTRY
Lyons Township High School
Saturday, October 26, 2019

Location: LYONS TOWNSHIP HIGH SCHOOL, South Campus
4900 South Willow Springs Road
Western Springs, IL 60558
708-579-6393

Course: Flat, grassy field around the south campus practice fields.
Distance is 3.0 miles and the entire course is marked with a solid gold line, and finish is marked with a white dashed line. Course is 3 laps. Spikes are recommended.

Teams/Box #: Berwyn-Cicero (Morton) - 1
Chicago (Juarez) - 2
Chicago (Kennedy) - 3
Downers Grove (North) - 4
Downers Grove (South) - 5
Hillside (Proviso West) - 6
Hinsdale (Central) - 7
LaGrange (Lyons) - 8
Maywood (Proviso East) - 9

Entries: Submit the online list of participants to the IHSA website by deadline.

***Coaches should bring a copy of their online list of participants to the Regional and Sectional meets in case of potential conflicts.**

Scoring: We will be using a computer scoring program and all results will be available upon conclusion of the awards. All 12 athletes will receive a tag, and only 7 athletes eligible to compete

Races:

1:00 PM	Girls Race	top 7	3.0 Miles
2:00 PM	Boys Race	top 7	3.0 Miles
2:45 PM	Awards	top 5 finishers in each race	
		top Team in each race will receive a plaque	

Sectional Qualifiers: The top 6 Boys/Girls teams and the top 5 individuals not on a qualifying team advance to the Hinsdale Central Sectional on Saturday, November 2, 2019.

*All participants must come ready to compete. No locker rooms will be available.

*Please read and know the terms and conditions for the regional meet.

*BUSES – Drop off athletes and park in drivers' education lot north of the field.

*Have Teams camp near the building **off the course, off the field**

*Course practice will be Wednesday or Thursday, please email mdanner@lths.net in advance

LT Cross Country Coaches



Michael Danner
Leo Reyes
Jake Discipio
Joseph Pontrelli



Alex Lyons
Greg Frandsen
Luke Taylor
Callie Pogge
Jessica Roessler