

IHSA REGIONAL – LaGrange, Lyons Township High School
Saturday, October 21, 2023

Location: LYONS TOWNSHIP HIGH SCHOOL, South Campus
4900 South Willow Springs Road
Western Springs, IL 60558
708-579-6300, 708-579-6393

Course: Flat, grassy field around the south campus practice fields.
Distance is 5K and the entire course is marked with double solid gold lines, and the finish is marked with a white double line. Course is 3 laps with an inner finish loop. Spikes are recommended.

Box #: 1-Berwyn-Cicero (Morton)
2-Burbank (Reavis)
3-Chicago (Curie)
4-Chicago (Juarez)
5-Downers Grove (North)
6-Hillside (Proviso West)
7-Hinsdale (Central)
8-LaGrange (Lyons)
9-Maywood (Proviso East)
10-Riverside (R.-Brookfield)
11-Summit (Argo)
12-Villa Park (Willowbrook)

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

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

Scoring: Palatine Pack will be the timing company and will do chips.
All 14 athletes will receive a chip, and only 7 athletes are eligible to compete.

Races:

9:00 AM	Girls Race	top 7	5K
10:00 AM	Boys Race	top 7	5K
10:45 AM	Awards		

Sectional Qualifiers: The top 6 Boys/Girls teams and the top 5 individuals not on a qualifying team advance

Rules:

*All Contestants must wear regulation uniforms that match teammates

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

*BUSES – Drop off athletes and park in oval drive in front of building

*Have Teams camp near the building **off the course, off the field. Do not camp in the fieldhouse.**

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