



**2020 IHSAA Boys' and Girls' Class 3A
Chicago (Marist) Cross Country Regional**



**To: Athletic Director
Head Girls' Cross Country Coach
Head Boys' Cross Country Coach**

**From: Chicago (Marist) High School
Eric Simpson – Athletic Director
Jon Gordon – Boys' Cross Country Coach
Pat Quinn - Girls' Cross Country Coach**

Date: October 24, 2020

Participating Schools:

Boys Schools

Blue Island (Eisenhower)
Burbank (Reavis)
Chicago (Marist)
Downers Grove (North)
Downers Grove (South)
Hinsdale (Central)
Oak Lawn (Community)
Orland Park
(Sandburg)
Palos Heights
(Shepard)
Palos Hills (Stagg)
Summit (Argo)

Girls Schools

Blue Island (Eisenhower)
Burbank (Reavis)
Chicago (Marist)
Chicago (Mother
McAuley)
Downers Grove (North)
Downers Grove (South)
Hinsdale (Central)
Oak Lawn (Community)
Orland Park (Sandburg)
Palos Heights (Shepard)
Palos Hills (Stagg)
Summit (Argo)

**Site: Marist High School
4200 W. 115th St.
Chicago, IL 60655**

Time Schedule:

7:00 am	Packet pick – up (Finish area)
8:15 am	Course observers meeting
8:30 am	Coaches meeting (Finish area)
8:50 am	National Anthem
9:00 am	Girls Race – Flight #1 (Each team's #1 & #2 runners)
9:40 am	Girls Race – Flight #2 (Each team's #3 & #4 runners)
10:20 am	Girls Race – Flight #3 (Each team's #5, #6, & #7 runners)
10:50 am	Distribution of awards to team camps
11:00 am	Boys Race – Flight #1 (Each team's #1 & #2 runners)
11:40 am	Boys Race – Flight #2 (Each team's #3 & #4 runners)
12:20 pm	Boys Race – Flight #3 (Each team's #5, #6, & #7 runners)
12:50 pm	Distribution of awards to team camps

COACHES MEETING: Will be held in the pavilion near the start/finish area. Packets will be available in this area.

AGENDA:

- 1) Explanation of team envelope
- 2) Questions about the course

Entries: Teams must submit the List of Participants via Athletic.net by 11:59 PM on Monday, October 19, 2020.

Coaches MUST bring the computer generated copy of their On-Line List of Participants to the Regional site the day of the meet.

Spectators: Due to social distancing requirements, spectators will be prohibited from attending the races.

Parking and Team Camp Locations: Please park in the West Lot (see map). Team camps will be located on the throughout the Marist Athletic Complex. See the map for your school's camp location.

Course Tours: Due to constraints related to the pandemic, Marist will send a video tour of the course to all participating schools ASAP. It is your responsibility to ask questions about the course before the race. Course markings will be standard flag code. Split times will be called at the mile and two mile for both races.

Awards: IHSA Regional Championship Plaque. Medals to Top 5 individuals.

Advancement of Winners: In all classes, the first five (5) placing teams and the first five (5) runners who are not members of the advancing teams in each regional will advance to sectional competition at the site to which they are assigned. In addition, in the event the 6th, 7th or 8th place overall individual finisher in the regional is not on a qualifying team, such 6th, 7th or 8th place overall finisher in the individual race shall advance from the regional to the Chicago (Whitney Young) Sectional on Saturday, October 31 at Lincoln Park.

Uniforms: Check IHSA Terms and Conditions Manual/ Track & Field and Cross Country Rule Book. (*National Federation Track and Field Rule Book*).

Finish Line: Runners will finish each race at the "mouth" of the chute. This is the front end (wide part – front end). **There will be video review of the finish line.** Only the video of the meet management may be used to review the finish of any race.

Games Committee: Starter, Meet Manager and one Boys Coach / one Girls Coach.

Maps: Maps are enclosed

Medical Support: A certified athletic trainer will be on site.