



## 2018 GIRLS & BOYS CLASS 3A XC SECTIONAL MEET

### HOST SCHOOL: NILES WEST HIGH SCHOOL

Chicago (Jones) Regional  
Roselle (Lake Park) Regional  
Wilmette (Loyola) Regional

**DATE:** Saturday, October 27, 2018

**PLACE:** Niles West High School  
5701 Oakton St. Skokie 60077

**TIME:** The **girls' race** will start at **10:30 AM** and the **boys' race** at **11:30 AM**

**PACKETS & COACHES MEETING** Coaches are asked to pick up team and bib chips immediately upon arrival. Pick-up area will be located in the Field House in the southwest corner

The **coaches meeting with the meet referee** will be in the same location at **9:45AM**.

**PARKING:** Buses will drop off teams in the front of the school by the tennis courts located on Oakton St. Buses should then proceed to the south parking lots located on the south side of the high school. **No buses should park in the front lot.**

**RULES:** 2018 National Federation Track Rules and the 2018 Terms and Conditions of the IHSA Cross Country State Series. (Included with this information)

**ENTRIES:** A maximum number of twelve (12) runners may be listed on the List of Participants. Substitutions at the Sectional and/or State Final must be among the list of twelve (12) runners listed on the List of Participants. **Once the deadline has passed, names cannot be added or deleted from the List of Participants.**

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**Runners Edge Race Timing will be providing computer chip timing and the official scoring for the meet. They will be taking your entrants directly from the IHSA website**

**EQUIPMENT:** Spikes or flats. **\*\*\*NO SPIKES IN THE FIELD HOUSE PLEASE\*\*\***

**COURSE:** The course is grass and will be marked with appropriate flags, ground markings, and cones. Course distance is 3.0 miles for boys and girls. The finish of the race is on the track in the stadium. **\*\*\*NO DOGS ALLOWED ON THE GROUNDS OF NILES WEST---PLEASE PASS THIS INFORMATION ALONG TO YOUR PARENTS\*\*\***

The course map is available on the Niles West athletic website at [il.8to18.com/nileswest](http://il.8to18.com/nileswest).

The course will be made available for teams to view and jog **Wednesday 10/24** from 3:30 – 5:30PM Please note: this will be the only day/time of the week the course will be made available prior to the sectional meet on Saturday. Please contact meet manager if you are planning on attending.

**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 **Z** 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.

**IHSA OFFICIALS:** John Betteridge  
Mark Schall  
Larry Genge  
Scott Brechtel

**LOCKER ROOM:** No locker rooms are available – dress at home. Come to the course dressed to compete. **\*\*\*PORT-O-POTTIES ARE LOCATED BY THE PINE TREES ON THE NORTH SIDE OF THE FIELD HOUSE\*\*\***

Please be sure to review uniform rules from the Terms & Conditions (pages 4/5, Section VIII.E.1-6)

**ADVANCEMENT OF TEAMS/RUNNERS TO the IHSA STATE FINALS:** The first 5 placing teams and the first 7 individual runners who are not members of the first 5 qualifying teams will advance to the State Final Meet. In addition, in the event the 8<sup>th</sup>, 9<sup>th</sup>, or 10<sup>th</sup> place overall individual finisher in the sectional is not on a qualifying team, such 8<sup>th</sup>, 9<sup>th</sup>, or 10<sup>th</sup> place overall finisher in the individual race shall advance from the sectional to the State final meet.

**AWARDS:** The awards for both girls' and boys' races will be presented at the conclusion of the meet in the Field House. Each 1<sup>st</sup> place team will receive a plaque; 1<sup>st</sup> through 10<sup>th</sup> place medals to individuals.

Award ceremony will follow boys' race in Field House

**MARKERS:** The course will be clearly marked with appropriate flags and cones. The course will also be lined with a 15' running area and will be roped off where needed.

**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. Spectators are not allowed on the west side of the track in the stadium.

**T-SHIRTS:** Commemorative event long-sleeved shirts will be sold at a cost of \$20.00

**CONCESSIONS:** A concession stand will be located in the northwest corner of the Field House.

**FINISH LINE & SCORING:**

1. Give the correct bib to each runner (This will be based on the master list provided for your team.)
2. Officials will check in the athletes according to their bib numbers at the starting line.
3. Instruct your runners to simply run past the finish line. The bibs will automatically record their place and time.
4. The meet referee will review the video of the finish of the race to facilitate accurate scoring of each race.

**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.

**ADDITIONAL INFORMATION:** If you require additional information, please contact us:

Anne Heselton, Head Girls Cross Country Coach 847-626-2804 [annhes@d219.org](mailto:annhes@d219.org)

Mike Grossman, Head Boys Cross Country Coach 847-626-2578 [micro@d219.org](mailto:micro@d219.org)

Dr. Dana Krilich, Athletic Director, Meet Manager 847-626-2801 [dankri@d219.org](mailto:dankri@d219.org)

Dr. Terri Laux, Asst. Athletic Director , Meet Manager 847-626-2818 [terlau@d219.org](mailto:terlau@d219.org)

Niles West will do everything in our power to make the IHSA Cross Country Sectional an enjoyable and successful experience for your athletes, coaches, and spectators. Please do not hesitate to contact us with any questions.