



IHSA REGIONAL  
*Saturday, October 21, 2023*

Chicago (Lane)  
Chicago (Lincoln Park)  
Chicago (Mather)  
Chicago (Senn)  
Chicago (Taft)  
Chicago (Von Steuben)  
Elmhurst (York)  
Evanston (Twp.)  
Glen Ellyn (Glenbard West)  
Oak Park (Fenwick)  
Oak Park (O.P.-River Forest)  
Park Ridge (Maine South)  
Skokie (Niles West)

**Location:** Schiller Woods East - W Irving Park Rd, west of N Cumberland Ave  
Chicago, IL 60634

**Course:** Flat, grassy field with one hill each lap. Distance is 3.0 miles. The entire course is marked with single orange line. Course is 3 laps. Spikes are recommended.

**Box #:**

| School                      | Box |
|-----------------------------|-----|
| Park Ridge(Maine South)     | 1   |
| Chicago(Taft)               | 2   |
| Oak Park(Fenwick)           | 3   |
| Chicago(Mather)             | 4   |
| Skokie(Niles West)          | 5   |
| Oak Park(O.P.-River Forest) | 6   |
| Glen Ellyn(Glenbard West)   | 7   |
| Chicago(Von Steuben)        | 8   |
| Chicago(Lincoln Park)       | 9   |
| Chicago(Senn)               | 10  |
| Elmhurst(York)              | 11  |
| Chicago(Lane)               | 12  |
| Evanston(Twp.)              | 13  |

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

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

**Races:**

|                 |               |
|-----------------|---------------|
| 9:00AM          | Girls Race    |
| 10:00AM         | Boys Race     |
| Approx. 11:00AM | <b>Awards</b> |

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

**Additional info:**

\*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 follow bus parking attendants directions.

\* Course is public. For any specific information on the course please contact Head Coaches [cbaldwin@oprfs.org](mailto:cbaldwin@oprfs.org) or [araymond@oprfs.org](mailto:araymond@oprfs.org)