

**West Suburban Silver Conference
Boys and Girls Cross Country Meet
Proviso West High School
Hillside, Il.**

To: Athletic Directors
Girls Cross Country Coach
Boys Cross Country Coach

From: Calvin Davis, Athletic Director
Peggy Whitlow, Girls Coach
Victor Dubois, Boys Coach

Meet Date: Saturday October 13, 2018

Location: PROVISO WEST HIGH SCHOOL, Southeast Side of Campus
4701 West Harrison Street
Hillside, Illinois, 60162
708-202-6396; 708-202-6397

Course: Flat, grassy field around the south campus practice fields.
Distance is 3.04 miles and the entire course is marked with a solid gold line, and finish is marked with a white dashed line.

Entries: Entries will be locked on Monday, 10/08/2018 at 11:59PM. Please enter only those runners you plan to run. Each team will be issued a timing chip for each athlete. Every chip must be returned together upon completion of the meet. Failure to return the chips will cost \$20 per missing chip.

Scoring: We will be using a computer scoring program and all results will be available at the conclusion of the races. All athletes will receive a tag, and only 7 athletes are eligible to compete in the varsity race.

Races:

12:00PM	Girls Frosh	(Unlimited)	3.04 Miles
12:30PM	Boys Frosh	(Unlimited)	3.04 Miles
1:00PM	Girls Soph	(Unlimited)	3.04 Miles
1:30PM	Boys Soph	(Unlimited)	3.04 Miles
2:00PM	Girls Varsity	(Top 7)	3.04 Miles
2:30PM	Boys Varsity	(Top 7)	3.04 Miles
3:00PM	Girls JV	(Unlimited)	3.04 Miles
3:30PM	Boys JV	(Unlimited)	3.04 Miles

Participating Schools: Downers Grove North, Glenbard West, Hinsdale Central, Lyons Township, Oak Park-River Forest, Proviso West and York

Website: This meet is using free online registration at Athletic.net; Detailed entry instructions are attached

Packet pick-up/Coaches Hospitality: Tent at Start/Finish Line

Course: 3.04 Miles for all races

Results: One copy available at awards ceremony and online at: Athletic.net

Tee Shirts: Tee shirts were pre-ordered. No tee shirts will be sold at the meet

Concession Stand: The concession stand will be open with drinks, snacks and lunch

Team Awards: The awards presentations will begin at the conclusion of the Boys JV Race At the Finish Line (in the Fieldhouse if the weather is inclement). A Championship Plaque will be awarded to the Team winners of the Varsity Girls and Boys Races.

Individual Awards: The Top 16 Varsity finishers will receive medals and are designated "All Conference". Freshman, Sophomore and JV Top 16 finishers will receive ribbons

Rules:

- *All participants must come ready to compete. No locker rooms will be available.
- *BUSES must drop off athletes at the South parking lot and park in the North lot in front of building
- *Have Teams camp well away from the course markings *off the course, off the field*
- *Course practice will be Wednesday or Thursday, please email pdwhitlow@yahoo.com well in advance

Parking Instructions: Busses may drop off athletes in the South parking lot just East of Wolf Road. Then we would like you to park in the North parking lot near Harrison. There is to be no parking on Fencil Lane! You will be ticketed.

Rest Rooms: Available: please police your team area; Trash cans will be available as well

Water/Ice: Due to the number of teams participating we are asking each school to bring their own ice and water to help our trainer. We will have our trainer available, but we encourage all schools to bring their trainer

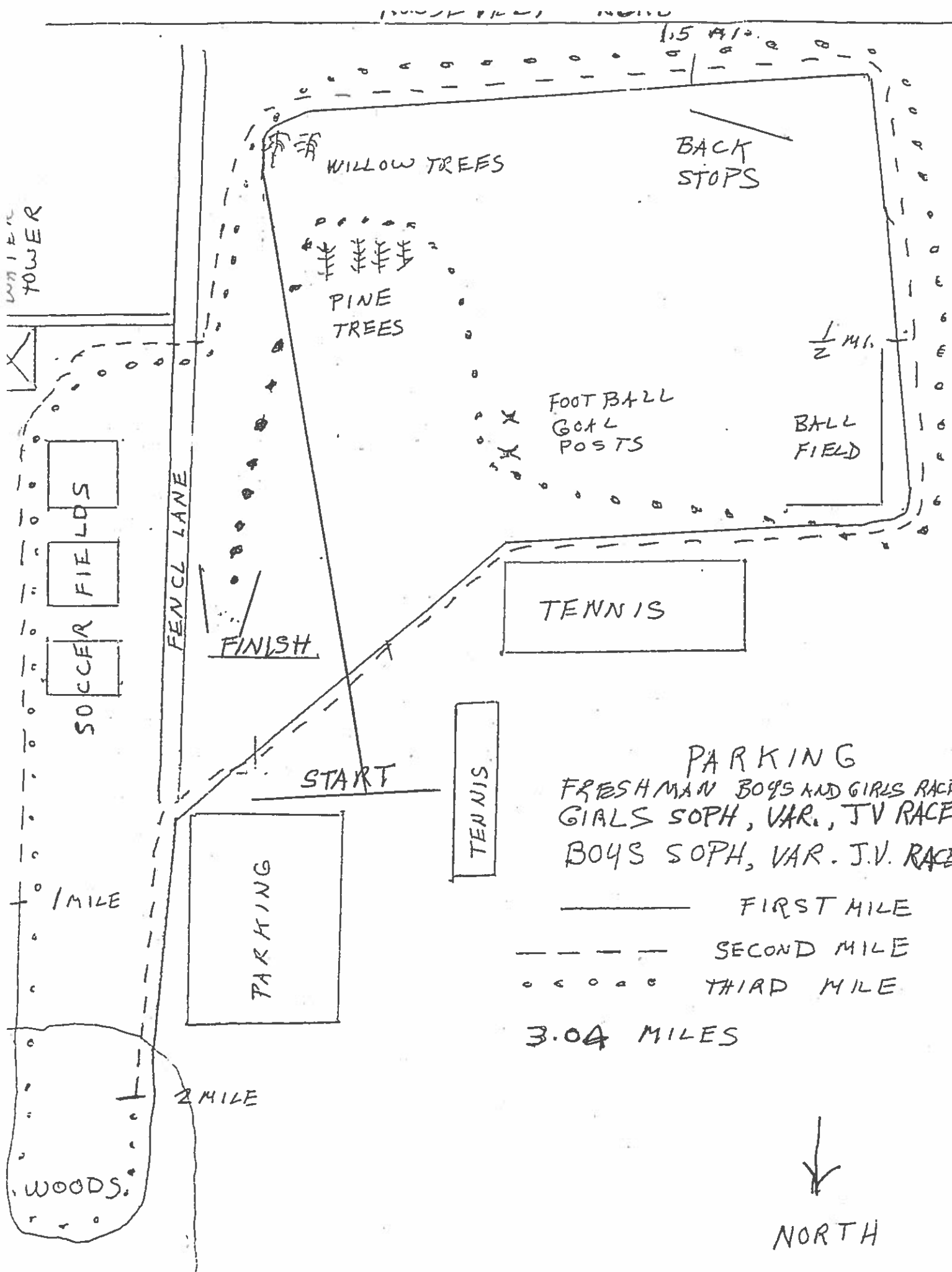
PW Boys and Girls Cross Country Coaches Victor DuBois
Michelle Teague

Peggy Whitlow
Michael Brazier



Map: Please review the enclosed Map and Share it with coaches as well as those who are driving to the meet.

Thank you, and Good Luck to all participating schools.



WATER TOWER

1.5 MI.

WILLOW TREES

BACK STOPS

PINE TREES

1/2 MI.

FOOTBALL GOAL POSTS

BALL FIELD

FIELDS

FIELDS

SOCCER

FENCE LANE

FINISH

TENNIS

START

TENNIS

PARKING

PARKING
 FRESHMAN BOYS AND GIRLS RACE
 GIRLS SOPH, VAR., JV RACE
 BOYS SOPH, VAR. J.V. RACE

1 MILE

————— FIRST MILE

————— SECOND MILE

..... THIRD MILE

3.04 MILES

2 MILE

WOODS

↓
 NORTH