



2015 GIRLS & BOYS CROSS COUNTRY REGIONAL

HOST SCHOOL: YORK HIGH SCHOOL

- DATE:** Saturday, October 24, 2015
- LOCATION:** Proviso West High School
4701 West Harrison St. Hillside, IL 60162
- TIME:** The **girls' race** will start at **1:00 p.m.** and the **boys' race** at **2:00 pm.**
- PACKETS & COACHES MEETING** Coaches are asked to pick up team and bib chips immediately upon arrival. Pick-up area will be located at the finish line.
- The **coaches meeting with the meet referee** will be in the same location at **12:20 p.m.**
- PARKING:** Buses should drop off teams in the parking lot south of the school near the field house and tennis courts located off of Wolf Road. Buses should then proceed to the North parking lot located on the opposite side of the high school to park.
- RULES:** 2015 National Federation Track Rules and the 2015 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. **Once the deadline has passed, names cannot be added or deleted from the List of Participants.**
- Lakeshore Athletic Timing Services (847-673-4100) will be providing computer chip timing and the official scoring for the meet. Entries will be taken directly from the IHSA List of Participants, which are due by Tuesday, October 20th.
- FIELD HOUSE:** Will be available....in the event of inclement weather only!

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COURSE: The course is grass and will be marked with appropriate flags, ground markings, and cones. Course distance is 3.04 miles for boys' and girls'.

The course map is available on the York Athletic Website at york.elmhurst205.org.

The course will be made available for teams to view and jog on **Wed. 10/21 from 3:30 p.m. to 6:00 p.m.** Each school is responsible for the supervision of their students during practice. Please contact Rob Wagner, York Athletic Director at 630-617-2437 or rwagner@elmhurst205.org, if you plan on practicing on October 21st.

STARTING: **The races will start promptly.** Athletes must be at the starting line fifteen (15) minutes prior to the start to check in. A horn will sound five (5) minutes prior to the start of each race. Starting boxes have been pre- assigned by blind draw (see last page). Each coach will place their 7 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:

Christina Butterbrodt-Meet Referee
Richard Weinhandl-Starter
Lindsay Consdorf-Clerk

LOCKER ROOM: No locker rooms are available . Come to the course dressed to compete.

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

ADVANCEMENT OF TEAMS/RUNNERS TO SECTIONAL: The first 6 placing teams and the first 5 individual runners who are not members of the first 6 qualifying teams will advance to the Sectional. In addition, in the event the **IHSA** 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 to the Lake Park Sectional.

AWARDS: The awards for both girls' and boys' races will be presented at the conclusion of the meet at the finish line. Each 1st place team will receive a plaque; 1st through 5th place medals to individuals.

Award ceremony will follow boys' race near the finish line.

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: Please inform parents and spectators to stay off the course and stay back from the starting line and finish line/chute.

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

CONCESSIONS: A concession stand will be located near the Field House.

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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.

STARTING BOX ASSIGNMENTS

1. Leyden
2. Wheaton-Warrenville South
3. Lake Park
4. York
5. Glenbard East
6. Oak Park-River Forest
7. Glenbard West
8. Glenbard North
9. Addison Trail
10. Wheaton North

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.