



**2017 IHSA CLASS 3A HINSDALE CENTRAL  
BOYS AND GIRLS CROSS COUNTRY SECTIONAL  
MEET INFORMATION \*\*Corrected\*\***



- DATE:** Saturday, October 28, 2017
- PLACE:** Katherine Legge Memorial Park (KLM)  
5901 S. County Line Road  
Hinsdale, IL 60521
- PARTICIPATING TEAMS:** Teams and individuals from the LaGrange (Lyons), Chicago (Marist) and Plainfield (South) Regionals
- TIME SCHEDULE:**
- |          |   |
|----------|---|
| 9:00 am  | Packet pick-up (at Finish Line)           |
| 10:00 am | Workers meeting                           |
| 10:15 am | Coaches meeting by end of finish chute    |
| 11:00 am | Girls Race (course closed to warm-up)     |
| 12:00 pm | Boys Race                                 |
| 1:00 pm  | Awards and state information distribution |
- COURSE:** Girls distance: 3.0 miles (see enclosed map)  
Boys distance: 3.0 miles (see enclosed map)  
The course is lined in white. Course inspectors will be stationed at spots on the course for each race. They will be observing the conduct of the runners and will be reporting race infractions at the conclusion of that race. Course markings will be standard flag code. Race clocks will be visible at the mile and two mile mark for both races.
- FINISH CHUTE:** The finish will be videotaped. Judges will be at the finish to determine the order through the chute. The videotape will be reviewed. Coaches and spectators need to **STAY AWAY FROM THE FINISH LINE AREA.**
- PACKET PICK-UP/ COACHES HOSPITALITY:** Tent at Start/Finish Line
- COURSE PREVIEW:** The course is available to preview and run the week before the meet. **(Please stay off the course until Wed. Oct. 25<sup>th</sup>.) NO TIME TRIALS ARE ALLOWED ON THE COURSE DURING THE WEEK PRECEDING THE RACE OR BEFORE OR AFTER SATURDAY'S RACES.**
- RESULTS:** One copy available at awards ceremony and online at: <http://raceresultsplus.com/>.
- TERMS AND CONDITIONS:** Please familiarize yourself with the IHSA regulations regarding the running of this series. This information is available in the Terms and Conditions at IHSA.org. Computer scoring will be used. The computer chips will be attached to the shoes using twist ties.
- EQUIPMENT:** Contestants must meet all IHSA and National Federation clothing regulations. These are contained in the 2017 Track and Cross Country Rule Book and in the IHSA Terms and Conditions.

- DRESSING:** There are no dressing facilities at the park. Please come dressed to run.
- RESTROOMS:** Facilities are available at the park. There will be portable units adjacent to the start area.
- WATER/ICE:** **DUE TO THE NUMBER OF PARTICIPANTS, WE ARE ASKING EACH SCHOOL TO BRING THEIR OWN ICE AND WATER TO HELP OUR TRAINERS.**
- MEDICAL AID:** We shall have athletic trainers on duty that day. Coaches are reminded that ergogenic aids, including “the use of oxygen, glucose gel, inhalers, water or other prescribed medication that is not a performance enhancer, shall be allowed without prior approval”.

- START:** The starting procedure will be as follows:  
**10 minutes prior to race:** Air horn sounds: clear start area; all competitors must report  
**5 minutes prior to race:** Air horn sounds: all sweats must be removed for uniform inspection. Coaches must clear area. Runners will be brought to their marks by the blowing of a whistle and instructions given.
- When field is set and ready, the starter will fire the pistol. There will be NO VERBAL COMMANDS.**

- BOX ASSIGNMENTS:** A blind draw for starting box position was held. These are the results:

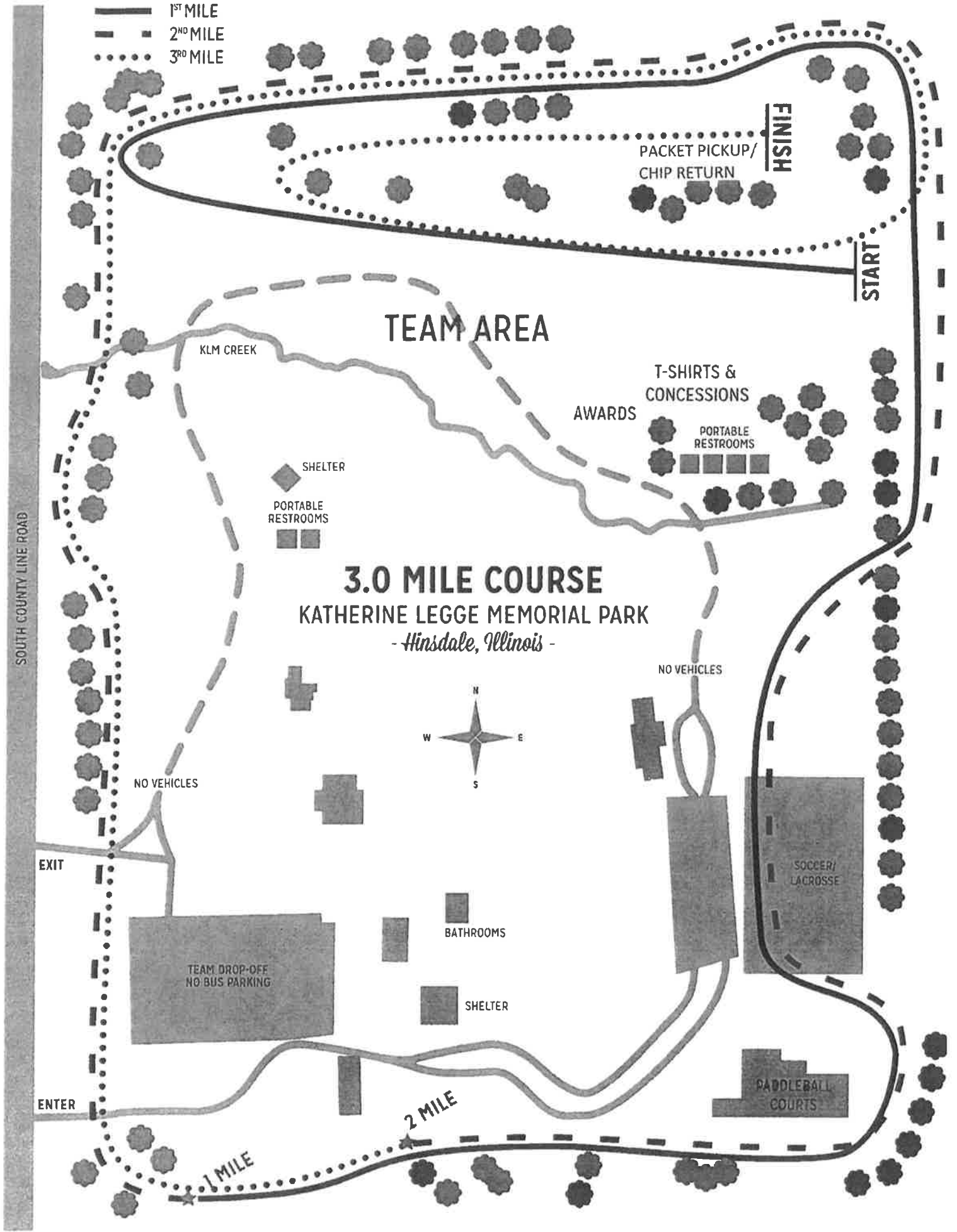
	<b>Girls</b>		<b>Boys</b>
1	Lyons Township	1	Jones College Prep
2	Argo	2	Brother Rice
3	Stagg	3	Shepard
4	Shepard	4	Plainfield North
5	Marist Regional (Individuals)	5	Argo
6	Plainfield North	6	Morton
7	Hinsdale Central	7	Hinsdale Central
8	St. Ignatius	8	Reavis
9	Bolingbrook	9	Stagg
10	Plainfield South Regional (Individuals)	10	Eisenhower
11	Jones College Prep	11	Downers Grove North
12	Plainfield South	12	Plainfield East
13	Morton	13	Sandburg
14	Mother McAuley	14	Plainfield South Regional (Individuals)
15	Lyons Township Regional (Individuals)	15	St. Ignatius
16	Sandburg	16	Marist Regional (Individuals)
17	Eisenhower	17	Lyons Township
18	Downers Grove North	18	Bolingbrook
19	Marist	19	Downers Grove South
20	Benet	20	Lyons Township Regional (Individuals)
21	Downers Grove South	21	Plainfield South

- PARKING:** All team mini-buses will park at KLM. All yellow coach buses can park at Hinsdale Central (55<sup>th</sup> and Grant Sts). There will be very limited additional parking available at KLM. Parking is available on the streets west of County Line Road. \*\*Please inform your parents and spectators that parking is not allowed on County Line Road.
- TEAM AREA:** Hinsdale Central can help move team tents from the parking lot to the team area.
- NUMBERS:** Numbers with pre-printed labels will be worn. Safety pins will be provided.
- CHIP RETURN:** Chips will be distributed to teams as they arrive on site. Each team will receive 12 chips. Individuals will get one as well in their team bag. The computer chips issued to each competitor must be returned to the finish area immediately after each race. Failure to return chips prior to leaving the park will result in the school being charged \$10 per chip.
- SCORING:** At least five runners from a team must finish in order to be eligible for team honors. When fewer than five runners from any team finish, the places of the runners from that school are disregarded when computing team scores. These runners may, however, receive individual awards.
- AWARDS:** A plaque will be presented to the winning boys' team and the winning girls' team. Individuals will receive awards for 1<sup>st</sup> to 10<sup>th</sup> place.
- ADVANCEMENT:** For both boys and girls, the first five teams shall advance to the state meet. The first seven individuals who are NOT on one of the advancing teams shall also advance to the state meet at Peoria's Detweiller Park.
- ENTRIES:** List of participants shall be obtained from the schools center after the regional winner's report has been filed. Coaches are encouraged to bring a hard copy of their on-line list of participants.
- GAMES COMMITTEE:** A games committee as described in the National Federation Track and Field rules 3-2-1 through 3-2-8 shall be appointed by the meet manager. This committee must be in place prior to the meet and shall act as jury of appeals (3-5-1). The committee shall also meet to suspend play due to hazardous weather conditions.
- CONCESSIONS:** The Hinsdale Central Cross Country programs will be running a complete concession area.
- T-SHIRTS:** We will be providing long sleeve sectional t-shirts through an IHSA vendor.
- QUESTIONS:** Please feel free to call with any questions:

Dan Jones, Athletic Director	630-570-8240
Mark McCabe, Girls Head Coach	630-920-8593
Jim Westphal, Boys Head Coach	630-570-8334



- 1<sup>ST</sup> MILE
- 2<sup>ND</sup> MILE
- 3<sup>RD</sup> MILE



TEAM AREA

**3.0 MILE COURSE**  
KATHERINE LEGGE MEMORIAL PARK  
*- Hinsdale, Illinois -*

FINISH

START

KLM CREEK

PACKET PICKUP/  
CHIP RETURN

T-SHIRTS &  
CONCESSIONS

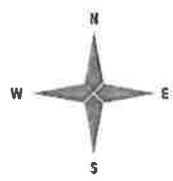
AWARDS

PORTABLE  
RESTROOMS

SHELTER

PORTABLE  
RESTROOMS

NO VEHICLES



NO VEHICLES

EXIT

SOCCER/  
LACROSSE

TEAM DROP-OFF  
NO BUS PARKING

BATHROOMS

SHELTER

PADDLEBALL  
COURTS

2 MILE

1 MILE

ENTER

SOUTH COUNTY LINE ROAD