

**STERLING HIGH SCHOOL**  
**1608 4TH AVENUE**  
**STERLING, IL 61081**  
**PHONE (815) 622-4114 \* FAX NO. (815) 622-4116**

**TO:** All Cross Country Coaches and Athletic Directors

**FROM:** Greg King, Activities Director, Sterling High School  
Nancy Gehreke, Boys' Cross Country Coach  
Nancy Gehrke, Girls' Cross Country Coach

**WELCOME:** **Sterling High School welcomes you to its 62nd Annual Sterling Cross Country Invitational** to be held on the Sterling High School course located at Woodlawn Academy on Woodlawn Rd.

**DATE:** Saturday, October 8, 2011

<b>TIMES:</b>	9:00 a.m.	F/S Girls	3.0 Mi.	Limit 7 entries
	9:30 a.m.	F/S Boys	3.0 Mi.	Limit 7 entries
	10:00 a.m.	Varsity Girls	3.0 Mi.	Limit 7 entries
	10:30 a.m.	Varsity Boys	3.0 Mi.	Limit 7 entries
	11:00 a.m.	Open Girls	3.0 Mi.	Unlimited entries
	11:30 a.m.	Open Boys	3.0 Mi.	Unlimited entries

- **Due to the size of the meet and the need to stay on schedule, runners who are not finished by the start of the next race may be asked to momentarily hold up while the next race starts.**

**DIRECTIONS:** EAST END OF STERLING - If approaching from the east: Turn left off of Route 2 onto Woodlawn Rd. If approaching from the west: Turn right off of Route 2 onto Woodlawn Rd. There is a McDonald's Restaurant at the intersection of Woodlawn Rd. and Route 2. The course begins directly behind Woodlawn Arts Academy.

**ENTRY FEES:** Entry Fee is \$75 per team or \$150 for both.

**On-Line Entry:** We will be utilizing on-line registration. We ask that each school enter their runners by 2:00pm on Monday, October 3<sup>rd</sup>. Line up changes will be allowed the day of the race.

**Use the following guidelines in entering your team :**

1. go to <http://registration.sterlingschools.org/SportEvents/>
  2. At this time no password is or login is necessary
  3. Click on the link for Sterling XCC Invitational
    - a. Click Save file---just in case there are errors or we don't receive it!!!!
  4. **IMPORTANT---PLEASE FILL OUT SCHOOL AND CONTACT INFORMATION. THIS WILL ESTABLISH LOGINS FOR FUTURE EVENTS.**
  5. Please fill out your line-ups under the corresponding tabs on the bottom of the excel sheets. Please only fill out the proper tabs.
  6. Once you have completed your entries, please email the excel file to Elaine Forward at [eforward@sterlingschools.org](mailto:eforward@sterlingschools.org). It is IMPERATIVE that we receive this file in email/electronic format for ease of transition into the database and program.
  7. We appreciate your help. Please call us with any questions.
- **You have the ability to change this information on-line at any time until the Oct. 5th cutoff.**
  - Final results will be available after the race. Results will be posted on the following Web site: [www.timingiseverything.com](http://www.timingiseverything.com)

**UPON ARRIVAL INSTRUCTIONS:** Please pick up your team envelope with directions at the table located outside the school building. A student guide will meet you there to give any directions or answer any questions.

**COURSE:** Open field for the start and finish; woods for about 1/2 of the course; no roads to cross;

- MEET RECORDS:** Boys Varsity – Chris Derrick – Nequa Valley – 14:26 – 2008 (3.0 Miles)  
Boys F/S - Cody Webster – United Township – 16:05 – 2008 (3.0 Miles)  
Girls Varsity - Colette Falsey – Iowa City High – 17:45 – 2008 (3.0 Miles)  
Girls F/S – Emily Gallup – Schaumburg – 19:00 – 2005 (3.0 Miles)
- TOURS:** A guide will be available to take you over the course if you desire.  
Walking of the course must be completed no later than 9:00 a.m.
- LENGTH OF COURSE:** All races: 3.0 miles
- FINISH LINE:** The finish of the race will be at the wide part of the chute.
- SCORING SYSTEM:** Upon arrival, each coach should report to the Scorer's Table. The coach will be given an envelope containing last minute instructions. Pin the tag to the front of the runner's shirt. When he/she finishes the run, he/she will present his/her tag to the Scorer in the finish chute. Your cooperation with these instructions will help up to speed-score the team results.
- STARTING BOXES:** Each school will use the starting box drawn earlier in the week by the administration. PLEASE tell your runners to report there 15 minutes before the race.
- SHOES:** The entire area is run on turf. Spikes or flats must be worn. (IHSA rules)
- DRESSING FACILITIES:** Teams must dress at home as we do not have access to any dressing facilities.  
**A concession stand will be available. There is no access to running water at the site.**
- AWARDS:**
- |                                   |   |
|-----------------------------------|---|
| <u>Varsity Boys &amp; Girls</u> - | Medals - 1 - 30<br>Team Trophies to the first five places |
| <u>F/S Boys &amp; Girls</u> -     | Medals - 1- 30<br>Team trophies to the first 5 places     |
| <u>Open Boys &amp; Girls</u> -    | Medals - 1 - 30   |
- RESULTS:** Final results will be available after the race. Results will also be posted on the following Web site: [www.timingiseverything.com](http://www.timingiseverything.com)
- QUESTIONS:** Any additional information or questions may be obtained by emailing Nancy Gehrke (Cross Country Coach) at [ngehrk@cghmc.com](mailto:ngehrk@cghmc.com) or Elaine Forward at [eforward@sterlingschools.org](mailto:eforward@sterlingschools.org)

Alleman	Belvidere	Bettendorf	Boylan	Clinton
Conant	DeKalb	Freeport	Hononegah (Boys)	Iowa City(Girls)
Kaneland	Loyola	Minooka	Oswego	Plainfield N (Boys)
Pleasant Valley	Princeton	Richmond-Burton		Rochelle
Rock Falls	Rock Island	Rockford Christian Life		Rockford East
Guilford	Jefferson	Schaumburg	Sterling	Stockton (Boys)
Sycamore	UTHS	Zion Benton (Girls)		
Hoffman Estates (Girls)				

**IF YOU WISH TO COMPETE IN A DIVISION, YOU MUST COMPETE WITH A COMPLETE TEAM IN THAT DIVISION VARSITY & F/S BOYS AND GIRLS.**

***On-Line Entries Due by Monday, Oct. 3rd.***