

I.H.S.A. Boys' & Girls' Regional Cross Country

Saturday, October 24, 2015

Hosted By: Lake Forest High School

Hosted At: West Campus

Lake Forest High School would like to welcome you and your team to the 2015 I.H.S.A. Regional Cross Country Meet. We hope the following information will be helpful. If you have any questions please call Tim Burkhalter (Athletic Director) at 847-582-7700 or refer to the Terms and Conditions.

Date: Saturday, October 24, 2015

Coaches Meeting: 1:15pm - North Gym

Time: 2:00 p.m. Girls' Race

3:00 p.m. Boys' Race

Please note: We will run an "unofficial" alternates race following the boys race

Site: Lake Forest H.S. WEST Campus
300 South Waukegan Rd.
Lake Forest, IL 60045

Participating Schools: Gurnee (Warren) Highland Park (H.S.), Lake Forest (H.S.), Libertyville (H.S.), Lincolnshire (Stevenson), Mundelein (H.S.), Round Lake (H.S.), Waukegan (H.S.), Zion (Zion-Benton)

Entry: The List of Participants must be received in the IHSA office by Tuesday, October 20, noon.

Scoring: Chip Timing will be done by J3 Events., Inc. Bibs (with chips) will be distributed to teams on the date of the meet

Substitutions: Refer to Terms and Conditions

Advancement: The first six (6) placing teams and the first five (5) runners who are not member of the first five teams shall advance to Schaumburg Sectional competition.

Team Ties: If ties exist at the last qualifying spot, the ties advance.

Course: Girls' Course measures @ 3.0 miles
Boys' Course measures @ 3.0 miles

Flag Designations: Yellow Flag turn right (Pass flag on left)
Blue Flag continue straight
Red Flag turn left (Pass flag on right)

Awards: Medals will be awarded to the first five (5) placing runners. A team plaque will be awarded to the winning team.

Awards: An award presentation will be made at the conclusion of the final race. Presentation at the West Side of the School.

Trainer: There will be a certified athletic trainer on site at all times during the race.

Map: Attached

