

2017 CROSS COUNTRY ROCK RIVER RUN
SEPTEMBER 23rd, 2017

TO: All Cross Country Coaches and Athletic Directors

FROM: Greg King, Activities Director, Sterling High School
Tyler Gaumer, Girls' Cross Country Coach
Greg Hendrix, Boys' Cross Country Coach

WELCOME: Sterling High School welcomes you to its 28th Annual Rock River Run to be held on the Sterling High School course. It is located at Woodlawn School on Woodlawn Rd.

**SIX DIVISIONS
& TIMES:**

9:00am	Varsity Girls
9:30am	Varsity Boys
10:00am	F/S Girls
10:30am	F/S Boys
TBD	HS Awards
11:00am	Middle School Girls
11:30am	Middle School Boys
12:00pm	MS Awards

- **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.**

On-Line Entry: We will be using chip again timing this year. There is a separate attachment for the online entry format.

ENTRY FEES: \$85 Boys or Girls; \$170 for Both Teams. Make checks payable to **STERLING HIGH SCHOOL**. Your school may enter one race, two races, or all four races.

AWARDS:	Middle School Team Race (Boys & Girls)	Team Trophies	1 thru 2
		Individual Medals	1 thru 30
	Frosh-Soph Team Race (Boys & Girls)	Team Trophies	1 thru 5
		Individual Medals	1 thru 30
	Varsity Team Race	Team Trophies	1 thru 5
		Individual Medals	1 thru 30

COURSE: Open fields for the start and finish; woods for about 1/2 of the course; no roads to cross; soft footing in two areas after rain (for short distances).

Boys and Girls Middle School	2 miles
Boys and Girls Frosh-Soph	3 miles
Boys and Girls Varsity	3 miles

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.

TOURS OF THE COURSE: 8:15 a.m. Enclosed is a map of the course .

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.**

STARTING LINE: The box system of starting will be used with team boxes predetermined by a drawing held during the week.

SCORING SYSTEM: This race will be timed with bib tags with computer chips.

IN CASE OF Rain Unless a strong electric storm is taking place, the meet will be run on time. We will plan to run rain or shine.

QUESTIONS: Any additional information or questions may be obtained by emailing Tyler Gaumer tgaumer@sps5.org, Greg Hendrix, ghendrix@sps5.org, or Kendra Harrington at kharrington@sps5.org

High School Teams Entered:

Aurora Rosary (Girls)	Belvidere	Belvidere North
Dixon	Freeport	Eastland
Geneseo (Boys)	Geneva	Hampshire
Hononegah (Girls)	Kaneland	LaSalle-Peru
Ottawa	Plainfield Central (Boys)	Princeton
Rochelle	Rock Falls	Hinsdale South (Boys)
Sandwich	Sterling	Sycamore
West Carroll	Freeport Aquin (Girls)	

Middle School Teams Entered:

Challand (Sterling)	Belvidere Central (MS)	Belvidere South (MS)
Pleasant Valley (MS)	Rochelle (MS)	Sandwich (MS)
Sycamore (MS)	Reagan Middle School	Freeport MS
Rock Falls MS		