



**2013 IHSA CLASS 3A HINSDALE CENTRAL
BOYS AND GIRLS CROSS COUNTRY SECTIONAL
MEET INFORMATION**



DATE: Saturday, November 2, 2013

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 (see course map for location)
9:30 am	Workers meeting
10:30 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 by the concession area

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. Split times will be called 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 should the need arise. Coaches should stress to participants not to push while moving through the chute after the race. Coaches and spectators need to **STAY AWAY FROM THE FINISH END OF THE CHUTE.**

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 (RFID) 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 2013 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.

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:

	Girls		Boys
1	Morton	1	Brother Rice
2	Shepard	2	Oswego
3	Stagg	3	Argo
4	Lyons Township	4	Lyons Township
5	Lockport	5	Shepard
6	Plainfield South Individuals	6	Lyons Township Individuals
7	Plainfield South	7	Neuqua Valley
8	Sandburg	8	Downers Grove South
9	Downers Grove South	9	Oswego East
10	Oswego	10	Morton
11	Neuqua Valley	11	Hinsdale Central
12	Lyons Township Individuals	12	Marist Individuals
13	Hinsdale Central	13	Sandburg
14	Marist	14	Downers Grove North
15	Mother McAuley	15	Plainfield South
16	Downers Grove North	16	Lockport
17	Marist Individuals	17	Plainfield South Individuals
18	Oswego East	18	Marist
19	Bolingbrook	19	Oak Lawn
20	Reavis	20	Plainfield East
21	Argo	21	Stagg
22		22	Romeoville

PARKING:

All team mini-buses will park at KLM. All yellow coach buses can park at Hinsdale Central (55th 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 24 chips (we will be double chipping, one chip each on left and right shoe). Individuals will get two as well in their team bag. The computer chips issued to each competitor must be returned to the meet management at the finish line 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 1st to 10th 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 630-570-8267

Jim Westphal, Boys' Head Coach 630-570-8334



Handwritten signature/initials

**HINSDALE
CENTRAL**

