WSC-Silver Cross Country Championships – LaGrange, Lyons Township High School

*Saturday, October 15, 2016*

**Location:** LYONS TOWNSHIP HIGH SCHOOL, South Campus

 4900 South Willow Springs Road

 Western Springs, IL 60558

 708-579-6300, 708-579-6393

**Course:** Flat, grassy field around the south campus practice fields.

Distance is 3.0 miles and the entire course is marked with a solid gold line, and finish is marked with a

### **Scoring: Meet will be chip timing with computer scoring program with video backup. All results will be available upon conclusion of the awards. All athletes will receive a tag that will be collected in chute for backup. Only 7 athletes eligible to compete in the varsity race.**

**Races:**

9:00 Girls Frosh 3.0 Miles

9:30 Boys Frosh 3.0 Miles

 10:00 Girls Soph 3.0 Miles

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 11:00 Girls Varsity Top 7 3.0 Miles

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 12:00 Girls JV 3.0 Miles

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 1:00 **Awards in Fieldhouse**

**Rules:**

\*All participants must come ready to compete. No locker rooms will be available.

\*BUSES – Drop off athletes and park in oval drive in front of building

\*Have Teams camp near the building ***off the course, off the field***

# There will be a concession stand with nutritional snacks, lunch and drinks



LT Cross Country Coaches Michael Danner Alex Lyons

 Tom Stukel Callie Pogge

 Jake Discipio Greg Frandsen

Leo Reyes Luke Taylor

 Julie Metz