

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
Charlie Bishop, Boys' Cross Country Coach
Tyler Gaumer, Girls' Cross Country Coach

WELCOME: **Sterling High School welcomes you to its 65th Annual Sterling Cross Country Invitational** to be held on the Sterling High School course located at Woodlawn Academy on Woodlawn Rd.

DATE: Saturday, October 11, 2014

TIMES:

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 \$85 per team or \$170 for both.

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

UPON ARRIVAL INSTRUCTIONS: Please pick up your team envelope with directions at the table located outside the school building

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—2007 (3.0 Miles)
Boys F/S - Tyler Rasso – United Township – 15:44 – 2011 (3.0 Miles)
Girls Varsity - Malilin Struck –Riverside Brookfield– 17:02 – 2013 (3.0 Miles)
Girls F/S – Victoria Clinton – Kaneland – 17:26 – 2012 (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: This race will be chip timed with shoe tags. Each entrant will be given 1 shoe tag. These must be returned at the end of the race. Each entrant will also be given a bib to wear that will need to be pinned to their chest.

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)

