



## Middle School North

95 HUBBARD LANE HAWTHORN WOODS, ILLINOIS 60047  
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### SMSC CONFERENCE CROSS COUNTRY MEET OCTOBER 2, 2017 BIG BEAR LAKE / CENTURY PARK 1001 LAKEVIEW PKWY, VERNON HILLS

**PARKING:** Spectators can park in any of the parking lots at the south end off of Hawthorn Parkway and walk to the park or the smaller parking lot off of Lakeview Parkway. Buses can park in the North lot, past the main entrance, off of Lakeview Parkway. This is the closest spot to the start and finish lines.

Please make parents aware that tickets will be given for illegally parked vehicles. No one should be on the grass, in the roadway, etc. There is plenty of parking available, but you may need to walk a bit.

**TEAM INFORMATION:** Teams should not arrive earlier than 3:15. Teams may make camps in the outfield grass of the softball fields. Camps should not be set up on the course. Runners will be wearing a bar coded tag. Please make sure that runners have the correct tag before the race begins.

**SPECTATORS:** Please be sure your parents are well aware that certain portions of the course may be restricted. They **MUST** adhere to this and stay behind roped off areas at all times. Please help by sending a written reminder to parents when you send out race information. Thanks!

**SCHEDULE:** Schools will have the ability to walk the course prior to the beginning of the first race at 4:15. Please stop by the pavilion to check in and receive your race packets as soon as you arrive. There will be a brief coaches meeting at 3:50pm to go over last minute race details. Scratches will not be necessary. No changes will be permitted at this time.



LAKE ZURICH COMMUNITY UNIT

**School District 95**

[www.lz95.org](http://www.lz95.org)

**Order of Events:**4:15pm – Race #1 – 8<sup>th</sup> Grade Boys5:05pm – Race #3 – 7<sup>th</sup> Grade Boys4:40pm – Race #2 – 8<sup>th</sup> Grade Girls5:30pm – Race #4 – 7<sup>th</sup> Grade Girls

5:55pm - OPEN RACE

**PARTICIPANTS:** Per Conference By-Laws, the 7<sup>th</sup> Grade races may include 5<sup>th</sup>, 6<sup>th</sup>, and 7<sup>th</sup> graders. Only 8<sup>th</sup> graders should participate in the 8<sup>th</sup> grade races, unless numbers require moving 7<sup>th</sup> graders to the 8<sup>th</sup> grade team. *Note: Runners may only race in one division.* The Open Race (non-scoring) is open to any 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> grade boy or girl that did NOT participate in any of the 4 divisional races.

**BOX ASSIGNMENTS:** The following box assignments were randomly drawn and will be used for all races.

#1 – Barrington Station

#6 – Lake Zurich North

#2 – Wauconda

#7 – Matthews

#3 – Hawthorn South

#8 – Barrington Prairie

#4 – Grayslake

#9 – Hawthorn North

#5 – Lake Zurich South

**SCORING:** To score as a team, each participating school MUST have a minimum of 5 runners in each division. *Ties will be broken using the place of the 6<sup>th</sup> runner.* Ribbons will be awarded to 1<sup>st</sup> – 6<sup>th</sup> place winners in each division. Conference trophies will be awarded to the winning team in each division.

**COURSE:** Please review the map for detailed information. The course for all divisions will be 2 miles in length. Athletes are responsible for knowing the course. Any athletes who do not run the course as marked will be disqualified.

**COACHES:** We will be asking each team to provide one coach to assist as course marshals and/or monitors in the finish line chute area.

*8<sup>th</sup> Grade Boys and Girls Races* – Lake Zurich South, Matthews, Fox River Grove, Hawthorn North

*7<sup>th</sup> Grade Boys and Girls Races* – Hawthorn South, Barrington Prairie, Grayslake, Wauconda

*Open Race* – Barrington Station, Lake Zurich North

**RACE ENTRIES/TEAM ROSTERS:** All teams must enter team rosters electronically. All entries must be received by **12:00pm on Friday, September 29<sup>th</sup>**. No changes will be permitted after this date. Please check your rosters carefully before submitting, including verifying the spelling of the names of all athletes. You must send two separate rosters (one for the Boys and one for the Girls) with each athlete's name and year in school to Tim Falconer at [timfalconer@att.net](mailto:timfalconer@att.net) and Kevin Elliott at [kevin.elliott@lz95.org](mailto:kevin.elliott@lz95.org). There is no need to indicate which race the athlete will be entering.

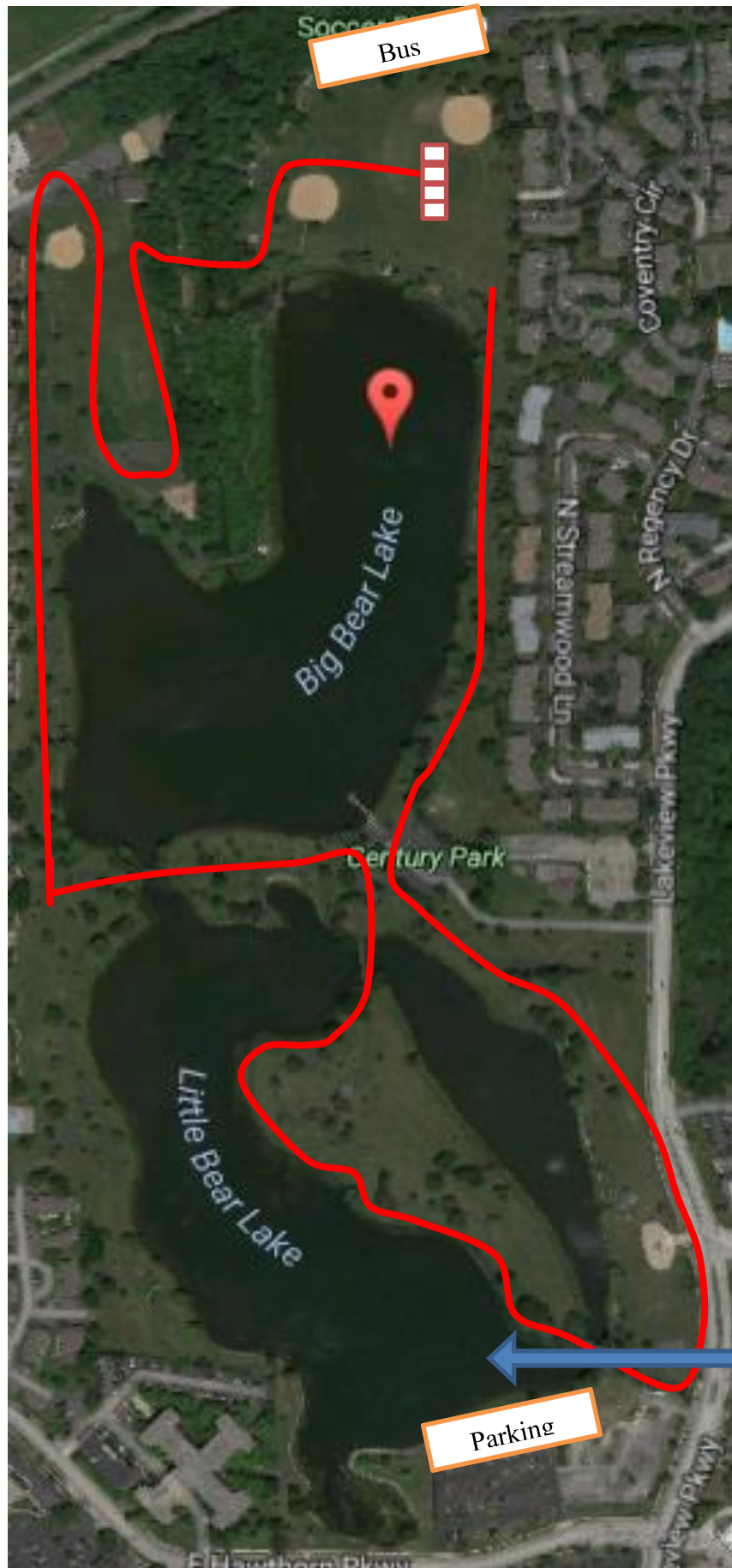
**AWARDS:** Results and awards will be presented immediately following the Open Race. Final results will also be e-mailed to all schools.

**IESA RULE REMINDERS:** In accordance with IESA rules, runners may not wear watches. Uniforms must be school-issued and be of similar color, including the same color for all if something is worn underneath the uniform.

**CONCESSIONS:** Concessions will not be available for purchase during the meet.

**FIRST AID:** All teams will be required to bring their own first aid kits and ice. There will NOT be a trainer at this event. A portable AED machine will be on-site during the event.





Bus

Big Bear Lake

Century Park

Little Bear Lake

Parking

Parent  
Parking