

Grayslake Middle School

440 Barron Blvd, Grayslake, IL 60030 - 847.223.3680

2016 Cross-Country Sectional

When: Saturday, October 8th
Contact: Joyce Van Laeke
Cell: 847.975.6424

Walk the course (on your own): 9:00 AM
Coaches Meeting 9:30
Girls' Race: 10:00 AM
Boys' Race: 10:45 AM (will not start before)
Meeting once results are in - approx noon
Awards Presented - approx 12:15

Where: Grayslake Middle School

Please plan on arriving no earlier than 8:30 as we will be finishing up getting ready for the meet. Here is the order of the meet events: course walk-throughs completed by 9:20 AM, coaches meeting with IHSA cross country official Shelley Gray at 9:30 AM, girls report to the start line before 10:00 AM, boys race beginning at 10:45AM, boys will report to start line once the girls race is completed and 15 minutes before their race begins. Finally, the awards presentation will be held in the large gym in GMS once finishing places and team scores have been tabulated and reviewed. The gym will be open all day for teams to sit in.

Sectional Entries are to be done via IESA website by Weds, October 5th (BY NOON) **Not entered by then, not running – don't wait til last second**

Coaches, be mindful that Wednesday October 5th, 12:00PM is deadline for completing the Sectional Entry Form on the IESA website. Per IESA bylaws only athletes entered by the said deadline are eligible to compete at the Sectional Meet, and Shazam Timing company will be using software utilizing information from the teams Sectional Entry Forms to aid in the tabulating of finishers places, times, & team scores.

After races are completed, WE ARE REQUIRED TO HAVE QUICK MEETING AND COMMUNICATE SCORES TO THE **HEAD COACHES** OF EACH SCHOOL. At the meeting, team and individual scores will be shared. Any discrepancies in results are to be discussed at that point. Coaches will get printed results after meeting is completed. This is where I would like to make sure we do not spoil the anticipation to parents and runners. Keep results to ourselves, lots more fun. We will then handout all awards.

Coaches: Please make sure you are aware of IESA XC rules and state advancement for runners.

Coaches: We are here for one reason, **the kids**. Please inform/teach parents/fans to stay back and allow runners to run course - Thanks!

Sectional T-Shirts will be sold at the meet - \$17.00.

Contact Cubby Hole (cubbyhole.com) for pre-orders.

This will save you a ton of time at the meet and the kids can specialize the sweatshirts/t-shirts.

BUSSES: Busses are to use the GMS parking lot, there are bus lanes in which you can park the busses. There is some spectator parking located at that GMS and additional parking in the pool parking lot near the school.

RESTROOMS: Washrooms are located inside GMS they are though the gym and the main hallway.

TIMING COMPANY & COST: Timing will be done by Shazam Timing Company and a trainer will be on site from Athletico so each school will need to **send or bring a check for \$110** to cover these costs.

CONCESSIONS: Something's brewing will be providing concessions- coffee and assorted pastries and food. A Small meal can be obtained for approx \$10. They will be located near the back of the school outside from the finishing area if weather permits, if not the entrance is in the same area.

Please Contact Joyce Van Laeke at vanlaeke.joyce@d46.org if you have any questions prior to the meet - day of the meet please use cell phone number 847.975.6424