

# McHenry Middle School

2120 Lincoln Ave.; McHenry, IL. 60051 815-385-2522

## **2014 Cross-Country Sectional**

**When:** Saturday, October 11th

**Walk the course (on your own): 9:00 AM**

**Girls' Race: 10:00 AM**

**Boys' Race: 10:45 AM** (will not start before)

**Where:** McHenry, IL, McHenry Middle School

**Sectional Entries are to be done via IESA website by Weds, October 8th (BY NOON)**

**Not entered by then, not running – don't wait til last second**

**Each team is required to have one adult worker for the course.**

**Buses: Drop off at school and then please park across street at church – Thank you!**

When you arrive, check in at the main scorer's table

**Please have copy of sectional entry form with your seven or less runners highlighted (both girls' and boys'). These will be the runners that compete at the Sectional Meet.**

Remind runners to get finish card and continue moving forward in chute.

Coaches, you will have two envelopes. One for girls' and one for boys. Inside each envelope will be a ½ sheet of card stock. Please write so we can **read** the finisher's name and place. Please total your points and put finish cards and ½ sheet card stock back into envelope.

**Remind runners to give your team representative the finish card to collect and tally.**

Please turn in to scorers tent when completed.

After races are completed, we will handout all awards. If nasty weather, we will be able to use small gym for awards. **NO SPIKES in building.**

You should walk away from meet with printed results.

Coaches remind your runners about uniforms (Rule 9-5, Cross-Country/Track & Field rule book). Spikes are permitted, not to exceed 5/8".

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

**Contact: Brian Schweitzer  
815-814-1100 (emergency)  
bschweitzer@d15.org**