

**Hononegah High School**  
**IHSA Boys and Girls Cross Country Regional**  
**October 24<sup>th</sup>, 2015**  
**Roland Olson Forest Preserve**

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- Place:** Roland Olson Forest Preserve, 9669 Atwood Rd. Roscoe Il, 61072
- Time:** Girls Race at 10:00 am and Boys at 11:00 am
- Teams:** Elgin Larkin, Huntley, Harlem, Auburn, East, Guilford, Jefferson, Hononegah, South Elgin
- Parking:** Buses will park in a designated area near the starting line just outside of the soccer fields. Spectator parking will be along the soccer fields as well, if the spaces fill up, there are additional parking lots throughout the park.
- Course:** The course is 3.0 miles in length. (See attachment for course map). The first half mile will be a square around the soccer field. The rest of the course will be run on grass and dirt trails, with some small areas of sand. The course is relatively flat with some rolling hills. Each half mile is marked and we will have splits called off at the mile and two mile marks.
- Course records – Dennis Baliga (Auburn) 15:17 (2007) - Lauren Van Vlierbergen, Algonquin (Jacobs) 17:22 (2013)
- Entries:** All entries will be due at noon Tuesday October 20<sup>th</sup> to the IHSA office. We will be using Clark Jillson of [AccuRace Timing Services](#) for the scoring of the meet. FinishLynx video system with bibs and pull tags / pins will be used and results will be available at the conclusion of the meet.
- Starting Line:** All runners must report to the starting line 15 minutes prior to the start of the race. Final instructions will be made 5 minutes prior to the race. All athletes must be at the start line at this time or they may be disqualified.
- Facilities:** There will be no locker rooms available. Port-a-lets will be provided.
- T-Shirts:** Regional shirts will be sold for \$20.
- Concessions:** no concessions will be available
- Spectators:** Will be able to view athletes for the first ½ mile of the race on open fields, and again along the SE side of the parking lot (near the stables).

**Advancement to the Sectional Meet:**

The first 6 placing teams and the first five runners who are not members of the advancing teams will advance to the sectional competition. In addition, in the event the 6<sup>th</sup>, 7<sup>th</sup>, or 8<sup>th</sup> place overall finisher is not on a qualifying team, they will still advance to the Sectional even if they are not one of the top five individuals from a non-qualifying team.

**Awards:** Individual – medals will be awarded to the first 5 placing runners.

Team – A plaque will be awarded to each of the first place teams.

**Team Camps:** Teams should set up camps on the soccer field, but away from the start and finish lines.

**Additional Information:**

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