



**ST. CHARLES EAST HIGH SCHOOL  
I.H.S.A. BOYS & GIRLS CROSS COUNTRY SECTIONAL  
NOVEMBER 1, 2008  
LEROY OAKES FOREST PRESERVE**

**PLACE:** LeRoy Oakes, 37W370 Dean Street, St. Charles  
**Directions:** Route 64 west to Randall Road, Randall Road  
North to Dean Street, West on dean Street about ¼ mile to LeRoy Oakes.

**TIME:** Girls Race at 10:00 AM and Boys at 11:00 AM. The races will start on time.

**PARKING:** We are expecting an overflow crowd so we are making every attempt to facilitate the needs of the competitors first and then try to accommodate the spectators. Buses will drop off the teams in a designated area and then be directed to their parking spaces. All team vans and mini-buses will be directed to the parking area at the north end of the field near the start line. All overflow spectators parking will be at Riverside Church which is located on Randall Road approximately one mile north of Dean Street. (More detailed parking information will be sent out at the completion of the Regional meet to the qualifying individuals and schools.

**COURSE:** To bring the course into compliance with IHSA guidelines, the starting line has been moved back about 80 yards from previous years. This change allows for adequate room for the first narrowing of the course and the finish line has also been moved to allow all runners a fair angle from the starting line to the first turn. The total length of the course is now 3.04 miles. You may view a map of the new course at <http://www.usatf.org/routes/view.asp?rID=246915>.

There will be a Course Preview event on Wednesday, October 29<sup>th</sup>, from 4:00 PM until 6:00 PM. Schools are invited to come to LeRoy Oakes during these hours to work out on the course. Representatives of STC East will be available to answer questions about the course or other aspects of the Sectional meet.

**RACE**

**SCHEDULE:** 9:00 A.M. - Coaches Meeting  
10:00 A.M. - Girls Race  
11:00 A.M. - Boys Race  
NOON - Awards Ceremony

**RULES:** 2008 National Federation Cross Country Rules and the 2008 Terms and Conditions of the IHSA Cross Country State Series.

**SCORING:** Chip Timing and scoring will be done.

**STARTING**

**LINE:** All runners must be at the starting line 15 minutes prior to their race for a check of the timing chip attached to their shoe.

**FACILITIES:** No locker rooms are available – dress at home. Port-a-lets will be located near the East side of the Barn.

**TRAINER:** An athletic trainer will be stationed at the finish line area. **PLEASE BRING YOUR OWN WATER AND ICE.**

**T-SHIRTS:** IHSA Sectional t-shirts will be on sale.

**CONCESSIONS:** A concession stand will be run by the St. Charles East Running Saints Booster Club.

**ADVANCEMENT TO**

**STATE MEET:** *The first five placing teams and the first seven runners who are not members of the first five placing teams in each sectional will advance to the State Final Meet in Peoria.*

**AWARDS:** Individual – Medals will be awarded to the first ten placing runners.  
Team – A plaque will be awarded to the first place team.

**ADDITIONAL  
INFORMATION**

**CONTACTS:** Jerry Krieg - 630-377-4774 (cell) 847-567-0136

**GOOD LUCK TO EVERYONE AND WE LOOK FORWARD TO A GREAT  
SECTIONAL MEET ON THE 1<sup>ST</sup>.**

