

2016 WILDCAT CROSS COUNTRY INVITATIONAL

Saturday, October 7, 2017

9:00 A.M. at

HERITAGE PARK, WHEELING IL

Dundee and Wolf Roads

PARTICIPATING SCHOOLS

Girls Teams – Antioch, Barrington, Buffalo Grove, Elk Grove, Evanston, Highland Park, Lake Forest, Lake Park, Lake Zurich, Lakes, Libertyville, Maine East, Maine West, New Trier, Rolling Meadows, St. Viator, Vernon Hills, Waukegan, Wheeling and Zion-Benton

Boys Teams – Antioch, Barrington, Belvidere North, Deerfield, Fremd, Grant, Hersey, Highland Park, Lake Park, Lake Zurich, Lakes, Libertyville, Maine East, Maine West, New Trier, Rolling Meadows, St. Viator,, Wheeling, and Zion-Benton

PLEASE MAKE SURE TO TAKE A LOOK AT THE COURSE MAP, AND DIRECTIONS FOR BUSES AND SPECTATORS. WE WILL NOT BE ALLOWING BUS PICKUP IN THE NEIGHBORHOOD BORDERING THE PARK. ALL BUSES WILL PICK UP TEAMS IN THE BASEBALL AND AQUATIC CENTER PARKING LOT.

ROSTER DUE OCTOBER 3rd, 2017

Please go to www.realtiminginc.com and locate the Wheeling Wildcat Cross Country invite. On this page you find maps and the entry form, which needs to be submitted to entries@realtiminginc.com by Tuesday October 3rd **Course maps and other meet information is available on the www.realtiminginc.com website.**

Course Description: The Varsity course will consist of ONE small loop and TWO large loops that include two hills on the course. The F/S course consists of TWO small loops and ONE large loop (2.375 miles) The course does include 400 feet of asphalt which will have rubber runway on it. Runners are allowed to run on either the runway or the asphalt in those parts of the course.

Race Schedule: The **Boys and Girls F/S races will allow unlimited runners** from each school. The open race will continue to have unlimited entry. **The girls and boys varsity will continue to have only 9 runners per team.**

| | | | |
|---------|--|------------------------|-------------|
| 8:30 AM | Please pickup chips by this time – Coaches meeting | | |
| 9:00 AM | Girls Frosh/Soph | UNLIMITED | 2.375 Miles |
| | Boys Frosh/Soph | UNLIMITED | 2.375 Miles |
| | Girls Varsity | Limit 9 runners | 3.0 Miles |
| | Boys Varsity | Limit 9 runners | 3.0 Miles |

| | | |
|------------|-------------------|---------|
| Girls Open | Unlimited entries | 3 Miles |
| Boys Open | Unlimited entries | 3 Miles |

IMPORTANT:

First race starts at 9:00 am. We will start the next race as soon as possible. We will try to announce the time of the next race. Please have your athletes ready.

Results: Will be available at www.realtiminginc.com

Viewing the Race: The start and finish are near the South Parking lot, please ask spectators to stay 5 feet back from the blue line painted on the course.

Awards:

| | | |
|-------------------------|---|------------------------|
| Girls Frosh/Soph | 30 Individual Medals | 3 team trophies |
| Boys Frosh/Soph | 30 Individual Medals | 3 team trophies |
| Girls Varsity | 15 Olympic Medals/15 ribbon medals | 3 team trophies |
| Boys Varsity | 15 Olympic Medals 15 ribbon medals | 3 team trophies |
| Girls Open | 5 Medals /25 Ribbons | 1 Team trophy |
| Boys Open | 5 Medals /25 Ribbons | 1 Team trophy |

Directions to the Heritage Park:

Exit I-294 at Willow Rd (Palatine Rd) head west to Wolf Road and turn North (Right) traveling down about 4 miles to the PARK. **BUSES are to turn on JEFFERY AVENUE to drop off athletes, they will NOT be allowed into the Parking Lot off of WOLF Road. See MAP enclosed. Buses will be asked to PARK at HOLMES MIDDLE SCHOOL across the street from the Park. BUSES WILL NOT be allowed to pick up teams on Jeffery!!!**

Parking – There will be parking available for spectators in the South Lot, as well as the North lot, and the Village of Wheeling Lot. **PLEASE WARN PARENTS DO NOT PARK in St. Joseph the Worker CHURCH THEY WILL GET TOWED!!!!**

Rest Rooms: There will be portable facilities available as well as facilities in the baseball complex or the park district building.

Finish Line and Finish Straightaway: We ask your total cooperation in staying behind all ropes. The runners need to be able to see the long final straightaway to the chute.

Course Records: Girls – 3 Mile – Brooke Wilson – Prospect – 17:24
 Girls – 2.375 – Meaghan Lozzio – Barrington – 15:49
 Boys – 3 Mile – Kevin Salvano – BG – 15:03
 Boys – 2.375 – Josh Methner – Hersey – 12:46

Concessions: will be available in the shelter near the team camps

Team Camps: Please setup team camps in the designated areas. At the conclusion of the meet it is very important that each team takes the responsibility of cleaning up all garbage, debris, etc. before leaving.

Weather Issues

In case of inclement weather, we will direct teams to their buses for safety. There is a Thorguard system. The meet referee will make decisions regarding the safety of athletes if there is a need to make a decision.

Special Needs Students – Coaches please contact one of the coaches to make us aware of any special needs students who you expect to participate. We would like to communicate the information to our starter and workers, to make them aware to ensure a safe competition for all.

Tim Nowicki

Tim Nowicki
Head Girls Cross Country Coach

Tom Polak

Tom Polak
Head Boys Cross Country Coach

Steve May

Steve May
Assistant Principal
for Student Activities

WILDCAT CROSS COUNTRY INVITATIONAL, 2017

Dear Coach,

We are again pleased to host the Wildcat Cross Country Invitational. We have enclosed information for you.

Please pick up your packets and chips as you arrive. They will be in the shelter area when you arrive.

Chips Return - Runners will have chips that will need to be returned at the completion of the race. Please collect all chips and return to the shelter area.

Results will be posted at meet when they are available and at www.realtiminginc.com at the completion of the meet.

Awards will be given out at the **Hill near the shelter** area following the last race. We ask that you please stay to allow your award winners, and others to get the proper recognition they deserve. This is also our Senior Recognition Day. We appreciate your patience as we recognize our senior team members.

Any questions you have please contact me or call Mr. Neal Weiner or Mr. Don Rowley at Wheeling High School.

| | | |
|-------------|-------------------------------|----------------|
| Tim Nowicki | Wheeling High School | (847) 718-7238 |
| Tom Polak | Hersey H. S. | (847) 718-4834 |
| | Cell | (847) 927-2387 |
| Neal Weiner | Wheeling H.S. (after 1:00 pm) | (847) 718-7027 |
| Don Rowley | Wheeling H.S. (after 1:00 pm) | (847) 718-7028 |

Good luck the remainder of the season, and we look forward to seeing you at the meet.

***Entries are due by Tuesday October 3rd to www.realtiminginc.com**

Sincerely yours,

Tim Nowicki
Tom Polak



West Lot

Village Lot

North Lot

BUS DROP-OFF
JEFFERY Ave.

Concessions
Awards

TEAM CAMPS

Start/Finish
Area

CHURCH
DO NOT PARK

Holmes Middle
School – BUS
Parking

