

Mahomet-Seymour Junior High Cross Country

Class 3A Sectional Host Site for IESA Cross Country: October 7, 2023

Important Times

9:30 am IESA starter will meet with with coaches at the finish line

10:00 am Girls Varsity (Girls to line at 9:50)

10:45 am Boys Varsity (Boys to line at 10:35)

11:10 am Head Coaches report to clerk's station at finish line area (Approximately) after checking results, link will be sent at 8:30 to coaches through email. The school certified coach must sign off on the results.

11:25 am Awards (Approximately) - Top 3 teams will receive plaques, then top 10 athletes not on a qualifying team will be recognized. Anyone that is in the top 10 qualifies and will be recognized as well. Also, top 5 athletes not on a qualifying team will be recognized.

**Allow for an adjustment in time schedule if there are scoring discrepancies or weather related issues.*

**Per IESA rules, 45 minutes between race start times. *We will start races according to the time schedule. Everything else will be based on the completion of the races.*

Race Day Information

- There will be no official course tour. Please use the map and arrive early to tour the course with your team. See the enclosed map.
- Please arrive at the starting at least 10 minutes early to be checked in by the IESA starter.
- The finish line is a 15 ft. long line. This funnels into a chute.
- Starting boxes will be assigned randomly. You can find your starting box assignment on your check-in envelope. Please pick this up at the scorer's table upon arrival.
- Your runners will receive a bib number. Please ask them to pin it to their jersey.
- We will be following all scoring rules in accordance with IESA regulations.
- Please visit with the IESA starter for any finish line reviews.
- Results will be made public after awards ceremony.

Location of Race:

Lake of the Woods Park, Swiss Valley Shelter Area (By the spillway), 109 S Lake of the Woods Rd, Mahomet 61853
Buses will be greeted with a note on how to handle drop off procedures.

Entries:

Must be entered in the IESA system by the date they announce. According to their site, there will be no exceptions if this deadline is missed. <https://www.iesa.org/activities/calendar.asp?activitycode=CC>

Weather Related Issues

Your bus is your shelter in the event of bad weather. Please have a way to contact your driver in the event you need them. They will be parked about ¼ mile away from the race location.

Concession

As of this time there will not be a concession stand. Please plan accordingly.

Parking

Buses will be given a handout when entering the park with directions on what to do and then how to get to the peninsula after drop off. Spectators are able to park in the peninsula as well. The pavilions around our course might be rented for the day so we might have spaces blocked off for that reason, per the request of our park officials. There are a lot of little lots around the course, spectators are invited to park in designated spots (not on grass). Handicap parking is located by the race finish line area.

Finish Line

Runners will be directed to keep moving through the chute.

Awards Ceremony- please stay for entirety

From IESA:ADVANCEMENT TO STATE INDIVIDUAL: In all classes, the top seven (7) individuals not on the first, second, or third place teams shall advance to state level competition. Additional individual runners may advance to the state final if there are more individual runners placing in the top ten than there are runners from advancing teams.

Awards Ceremony Order: Top 10 girls. Top 10 boys. Time for pictures. Top 5 teams announced for girls, then boys. Top 3 come up for plaques and then pictures. We ask that everyone return to seat to celebrate individual state advances. Girls, then boys. See above for qualifications.

Results Results for spectators will be posted after the awards ceremony. VERY IMPORTANT: Please complete this Google Form so the link gets to the Head Coach.

<https://forms.gle/R3PZpEE9DAVUydQF7>. These email addresses are what we will use to communicate results and other important updates to coaches.

Restrooms

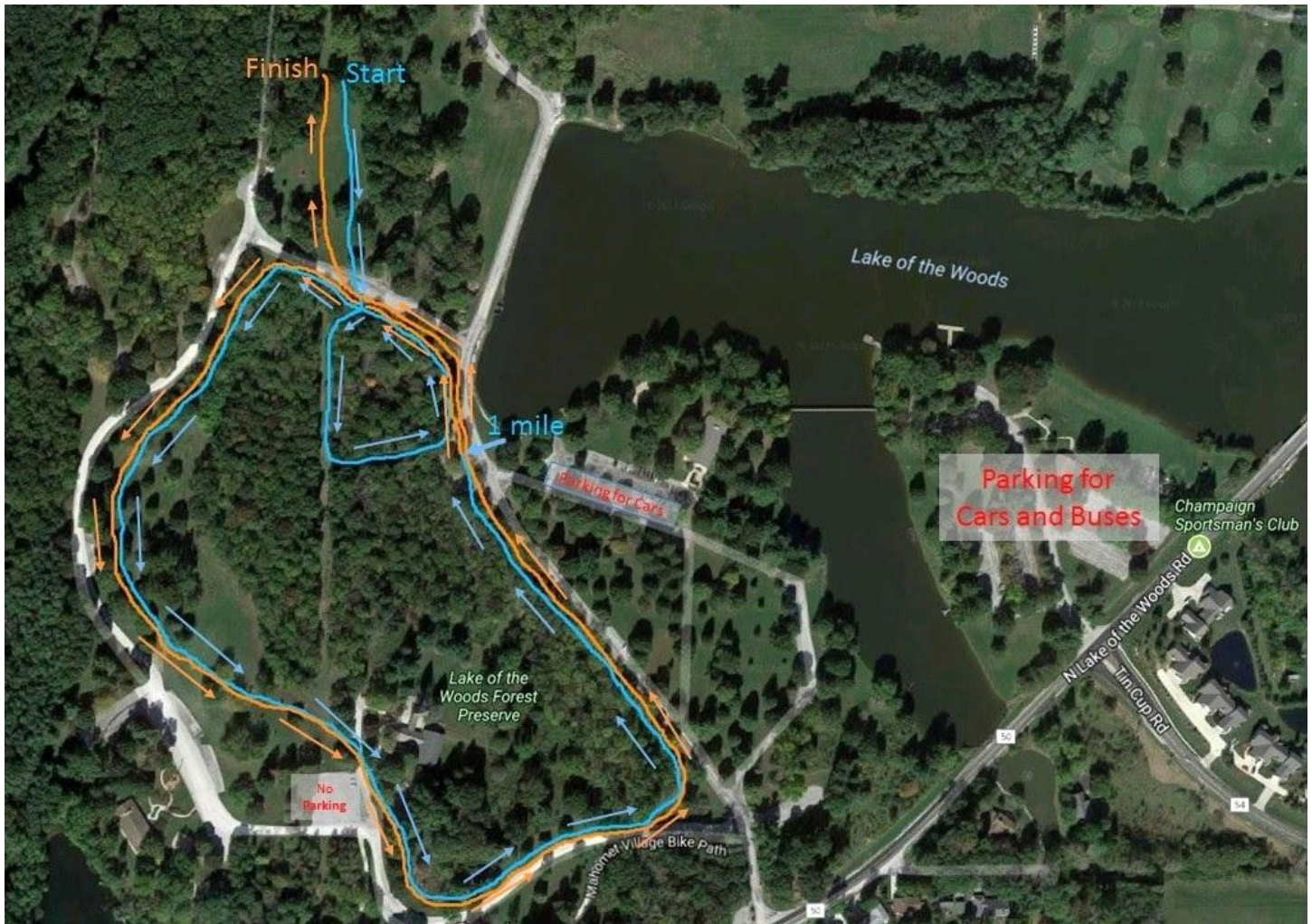
There will be outhouses and porta potties located in the Swiss Valley Area. There is a water fountain at the top of the hill, around the finish area.

Contact Information

Athletic Director: Mr. Doug Fisher 217-586-4415, dfisher@ms.k12.il.us

Head Coach: Mrs. Lisa Martin 217-621-2369, lmartin@ms.k12.il.us

Course Map- Area formerly known as Swiss Valley Shelter (Located by Spillway)



*The start has been moved up slightly from this rendition. The finish has been moved back slightly as well. This is to accommodate more teams. It measures exactly 2 miles.