

2020 SIJHSAA Class L Region 3

Cross Country Regional

Hosted by - Du Quoin Middle School

At

The Du Quoin State Fairgrounds

Friday, October 16, 2020

4:00 – Girls

4:30 - Boys

Benton

Murphysboro

Du Quoin

Pinckneyville

Herrin

West Frankfort

<https://www.duquoinschools.org/2020-sijhsaa-class-l-region-3-cross-country-regional>

Entries – Enter runners by noon on Wednesday, October 14, 2020. You may enter runner through <https://www.athletic.net/Help/CrossCountry.aspx?Meet=178011>.

Awards – Awards will be distributed to coaches following the races. Please do not send athletes or parents to collect awards.

Team camps – Team camps will be at the pavilion area of the race course. Team camps must be 30 feet from each other. Only athletes and coaches are allowed in the team camp area.

Starting area – Starting box numbers will be assigned. Teams should only send a maximum of 7 runners and one coach to starting area. Warm-ups should be left at camp area.

Finish – Please remind athletes to move through the finish area without stopping and proceed to their team camp or other designated area.

Bus Parking – Buses will park on gravel road to the west of the team camp area.

Spectator Parking – Spectators will park in designated areas away from team camp and course.

Check-in – coaches will check in upon arrival in pavilion.

Walk through – the course will be open for team walk through at 3:00pm.

Spectators – Spectators are asked to remain off of the marked course. Spectators are no allowed in the wooded area of the course at any time. **NO PETS OF ANY KIND ALLOWED AT FACILITY.**