



## 2020 Tiger Cross Country

### WWS Varsity Quad #1

Hosted by Wheaton Warrenville South High School  
Saturday, September 5, 2020

<b>Teams</b>	Geneva (Team #1), St. Charles North (Team #2), Wheaton North (Team #3) and Wheaton Warrenville South (Team #4)																																				
<b>Location</b>	Grace Church of DuPage 27W344 Galusha Avenue Warrenville, IL 60555 <a href="#">Map</a>																																				
<b>Entries</b>	All entries should be completed using <a href="#">athletic.net</a> . Head coaches will be emailed a link to the entry information. It is recommended that coaches update their <a href="#">athletic.net</a> roster.																																				
<b>Time Schedule</b>	<table><tr><td><b>Girls</b></td><td></td></tr><tr><td>2:15 PM</td><td>Grace Church property open to girls teams.</td></tr><tr><td>2:15 PM</td><td>Packet Pick-Up - Race bibs, safety pins, meet information and course maps will be available at the finish line tent.</td></tr><tr><td>2:45 PM</td><td>Course open for warm-ups</td></tr><tr><td>3:35 PM</td><td>Spectators for the race may enter course</td></tr><tr><td>3:45 PM</td><td>Girls Race (One Race) - 3 Miles</td></tr><tr><td>4:15 PM</td><td>Spectators for the Girls race must leave Grace Church property.</td></tr><tr><td>4:15 PM</td><td>Hubble Middle School property open for cooldowns. <b>No cooldowns will be permitted on the Grace Church Course</b></td></tr><tr><td>4:25 PM</td><td>Grace Church property closed to girls teams.</td></tr><tr><td><b>Boys</b></td><td></td></tr><tr><td>3:00 PM</td><td>Grace Church property open to boys teams.</td></tr><tr><td>3:00 PM</td><td>Packet Pick-Up - Race bibs, safety pins, meet information and course maps will be available at the finish line tent.</td></tr><tr><td>3:30 PM</td><td>Grace Church Main parking lot or Hubble Middle School property open for warm-ups. <b>No warm-ups will be permitted on the Grace Church Course</b></td></tr><tr><td>4:20 PM</td><td>Spectators for the race may enter course</td></tr><tr><td>4:30 PM</td><td>Boys Race (One Race) - 3 Miles</td></tr><tr><td>5:00 PM</td><td>Spectators for the Boys race must leave Grace Church property.</td></tr><tr><td>5:00 PM</td><td>Grace Church course or Hubble Middle School property open for cooldowns</td></tr><tr><td>5:30 PM</td><td>Grace Church property closed to teams.</td></tr></table>	<b>Girls</b>		2:15 PM	Grace Church property open to girls teams.	2:15 PM	Packet Pick-Up - Race bibs, safety pins, meet information and course maps will be available at the finish line tent.	2:45 PM	Course open for warm-ups	3:35 PM	Spectators for the race may enter course	3:45 PM	Girls Race (One Race) - 3 Miles	4:15 PM	Spectators for the Girls race must leave Grace Church property.	4:15 PM	Hubble Middle School property open for cooldowns. <b>No cooldowns will be permitted on the Grace Church Course</b>	4:25 PM	Grace Church property closed to girls teams.	<b>Boys</b>		3:00 PM	Grace Church property open to boys teams.	3:00 PM	Packet Pick-Up - Race bibs, safety pins, meet information and course maps will be available at the finish line tent.	3:30 PM	Grace Church Main parking lot or Hubble Middle School property open for warm-ups. <b>No warm-ups will be permitted on the Grace Church Course</b>	4:20 PM	Spectators for the race may enter course	4:30 PM	Boys Race (One Race) - 3 Miles	5:00 PM	Spectators for the Boys race must leave Grace Church property.	5:00 PM	Grace Church course or Hubble Middle School property open for cooldowns	5:30 PM	Grace Church property closed to teams.
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### Wheaton Warrenville South High School

Tiger Girls Cross Country and Track & Field

1993 Tiger Trail

Wheaton, Illinois 60189

630-784-7200

[www.tigerxctf.org](http://www.tigerxctf.org) | girls twitter - [@tigerxctf](#) | boys twitter - [@wwsxctf](#)



## 2020 Tiger Cross Country

- Course** The [course is 3.0 miles](#). It consists of three 1-mile loops. The majority of the course is flat and on grass. There are a few short steep hills. It is recommended that athletes wear ¼ inch spikes as they will be running over asphalt approximately six times during the race.
- Arriving** Visiting school buses can access the Grace Church property via Galusha Road. Please use the East Entrance. The [Facility Map](#) will provide more detail. Once arriving, your team will proceed to their designated team camp area. Please also send one coach to the finish line/meet management tent to pick up a packet with bib numbers, meet information and course maps.
- Bus Parking** After dropping athletes, school buses can park on the Grace Church Property in the [Officials & Bus Parking lot](#). Buses should NOT use the main Grace Church parking lot.
- Safety** Masks should be worn by everyone while on Grace Church and Hubble Middle School properties. Athletes should wear masks at all times except when running or racing.
- Please require all of your athletes and spectators to adhere to the social distancing guidelines.
- Coaches are responsible for supervising their athletes at all times. **No athletes, coaches or spectators should enter the Grace Church building.**
- Warm-Ups & Cooldowns** See above time schedule for warm-up and cooldown locations Please require your athletes to adhere to all social distancing and mask guidelines.
- Restrooms** Port-a-Johns will be available on site. **No athletes, coaches or spectators should enter the Grace Church building.**
- Spectator Parking** All spectator parking will be located in the brick paver parking lot located at Hubble Middle School ([3S600 Herrick Rd, Warrenville, IL 60555](#)). The parking lot is a 10-15 minute walk to the course. Please see the following link for a [parking map](#).
- Spectator Registration** CUSD200, Wheaton and Wheaton Warrenville South are permitting spectators to attend outdoor athletic events. Each competing athlete is allowed two spectators. As a condition of attendance, all spectators are required to complete this [Google Form](#).
- Handicapped Parking** There is handicapped parking available in the Grace Church parking lot. Please email Rob Harvey, Head Girls Cross Country Coach ([robert.harvey@cusd200.org](mailto:robert.harvey@cusd200.org)) for specific instructions

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<b>Athletic Trainer</b>	A certified athletic trainer will be on site. They will be located in the meet management area under an orange Gatorade tent.	
<b>Starter</b>	Tom Roderick (#47751) <a href="#">Please rate the official</a>	
<b>Final Results</b>	A PDF copy of the Final results will be emailed to head coaches. They will also be uploaded to athletic.net.	
<b>Live Results</b>	During the meet will also be available at <a href="https://wwstiming.com/">https://wwstiming.com/</a> .	
<b>Questions</b>	If you have any questions, please feel free to contact Rob Harvey	
	Rob Harvey Head Girls' Cross Country Coach Cell – 630-670-6383 <a href="mailto:robert.harvey@cusd200.org">robert.harvey@cusd200.org</a>	Chris Kuntz Head Boys' Cross Country Coach Cell – 630-638-8984 <a href="mailto:christopher.kuntz@cusd200.org">christopher.kuntz@cusd200.org</a>

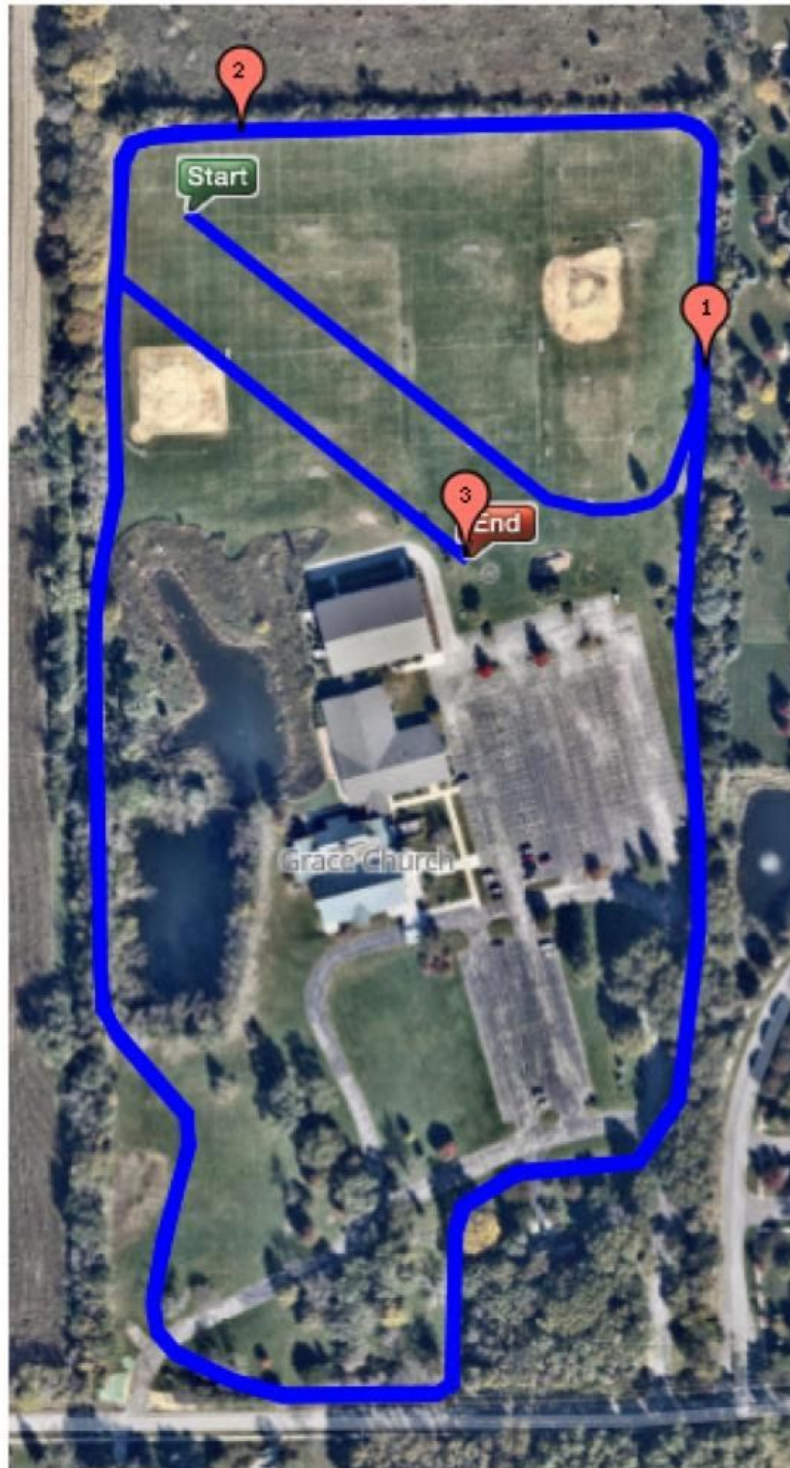
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