

16th Annual Sycamore Cross Country Invitational

Location: The meet will be held on **Tuesday, September 3 at Kishwaukee College**. Kishwaukee College is on the corner of Malta Road and IL-23 (21193 Malta Road, Malta, IL 60150). We do ask that all team pick up their garbage and tie off the garbage bag provided.

Participating Teams: Aurora Central Catholic, Belvidere North (Boys), DeKalb, Dixon, Freeport, Genoa-Kingston, Glenbard South, Hinckley-Big Rock, Kaneland, Oregon, Rochelle, Rock Falls, Sandwich, Sterling, Sycamore, West Chicago, and Wheaton Academy.

Entries: All entries must be received by **11:59 PM on Sunday, September 1, 2024**.

- You should have all received an invitation through Athletic.net.
- If you did not, please check your athletic.net account, if you are not invited, email Chauncey Carrick at ccarrick@syc427.org.

Bus Parking: Please have the buses park in the parking lot furthest from the athletic fields, athletes can be dropped off by the soccer field near the Porta Potties.

Spectator Parking: Spectators will park in the parking lots nearest the athletic fields. NO CARS SHOULD BE PARKED ON THE ROADS through Kishwaukee College.

Team Camps: Teams can set up on either side of the road in the grass area, please stay 50 feet from the course.

Team Packets: Team packets with timing bibs can be picked up at the start/finish tent upon arrival. Per IHSA rules for non-state series events, bib timing will determine the official finish order of all races. There will be a coaches meeting at 4:00. Illinois Prep Top Timing will be the official timer for this meet.

Athletic Trainer: There will be two athletic trainers onsite. One cart trailing the field during races. The other will be at the start/finish tent.

Races: 4:45---Varsity Boys Unlimited Entries (3 miles) 4:49---Varsity Girls Unlimited Entries (3 miles)
5:20---F/S Boys Unlimited Entries (3 miles) 5:24---JV Girls Unlimited Entries (3 miles)

All times are approximate, but every effort will be made to stay on schedule.

If an athlete cannot complete the 3 mile varsity course in 30 minutes, please enter the runner in the F/S Boys Race or the JV Girls Race.

Course: The course design is the same as last season. We will provide a map and directions prior to the race

Awards: A team plaque will be awarded for 1st place in the varsity races. 1st place through 30th place individuals in the varsity boys and varsity girls' races will receive medals. 1st place through 30th place individuals in the F/S boy's and JV girl's races will receive ribbons. No awards presentation. Teams can pick up award/result packets at the start/finish tent approximately 20 minutes after competing in their final race.

T-Shirts: Invitational T-shirts will be available. Please let your athletes know.

If you have any questions please contact coach Mike Lambdin at mlambdin@syc427.org (815) 786-4001 or athletic director Chauncey Carrick ccarrick@syc427.org.