Location: Matthews Middle School, 3500 Darrell Rd. Island Lake, IL

Bus Directions: Buses will be allowed to enter the Matthews parking lot to drop off teams but will NOT be allowed to park there. All team buses will be directed to Cotton Creek Elementary School which is at 545 Newport Ct, Island Lake, IL (about 5 minutes away from Matthews). A map of this location will be sent in the information email.

Spectator Parking: Spectators will NOT be allowed to park at Matthews Middle School. They can park at either Robert Crown Elementary School, which is located at 620 W. Bonner Rd, Wauconda, IL or at Kemper Valve and Fittings Corporation located at 3001 N. Darrell Road, Island Lake, IL. Both of these locations are also on the map provided in the information email. There will be buses that will pick spectators up starting at 7:30 am and bring them to Matthews and also bring spectators back.

Entrance Fee: $110 per team or $220 for both boys and girls.

Races: Begin at 8:30 AM:
- Girls Varsity (Top 7) 3 miles
- Boys Varsity (Top 7) 3 miles
- Girls F/S (Unlimited) 3 miles
- Boys F/S (Unlimited) 3 miles
- Girls Open (Unlimited) 3 miles
- Boys Open (Unlimited) 3 miles

All of the other races will start roughly half an hour after the one preceding it. So, the Boys Varsity race will start around 9:00 AM, Girls F/S at about 9:30 AM and so on.

Timing: RealTiming Inc. will be providing the chip-timing and official scoring this year. Entries for the meet should be submitted by the coaches, directly to RealTiming as described on their website (www.realtiminginc.com) no later than 9:00 PM on Tuesday, September 5th. Coaches, when you visit the website:
- Click on the Wauconda Cross Country Invitational in the Up-Coming events column, this launches the meet information page.
- Click on the Entry Form link to open the form in Excel.
- Fill in the School Name and coaches information at the top of the form.
- Input all runners on their team roster, listing First Name, Last Name, Class (Fr, So, Jr, Sr), and Gender.
- You do not have to designate a race.
- Save a copy of this entry sheet and email it back to entries@realtiminginc.com. Please put the name of the meet on the subject line of the email.

Individual and team results will be posted on www.realtiminginc.com by 6:00 PM.

There will be unlimited entries for the boys’ and girls’ frosh-soph races. However, we will still limit the varsity races to 7 runners, allowing all other varsity-aged athletes to run in the open races.
Awards:

**Boys & Girls F/S:**
- 3 team plaques
- 10 individual plaques
- 15 medals
- 50 ribbons

**Boys & Girls Varsity:**
- 3 team plaques
- 10 individual plaques
- 15 medals
- 30 ribbons

**Open Races:**
- 75 ribbons per gender

Box assignments will be listed on the envelope of the information packets that you can pick up at the meet.

**Water:** We ask that each team bring jugs of water for their runners. We will have an Athletic Trainer on site.

**Course at Matthews**

3 mile course: Almost 3 full clockwise laps, after the 3rd time by the parking lot, turn right towards the finish line. On the first lap, runners will not enter the woods. On laps 2 and 3, runners will run through the woods. There will be times where the athletes have to cross asphalt but it is minimal.