



# PALATINE INVITATIONAL - MEET OF CHAMPIONS



BOY'S & GIRL'S HIGH SCHOOL CROSS COUNTRY INVITATIONAL hosted by PALATINE HIGH SCHOOL

Saturday, September 26, 2015 - 9:00 A.M.

@Deer Grove East Forest Preserve

## TIME SCHEDULE:

**BUS  
LEAVES  
JHHS  
AT 7AM!!!**

Walk the Course:	8:30 A.M.	
Boys Frosh Race:	9:00 A.M.	2.5 Miles
Girls Fr/So Race:	9:25 A.M.	2.5 Miles
Boys Soph Race:	9:50 A.M.	3.0 Miles
Girls Varsity Race:	10:20 A.M.	3.0 Miles
Boys Varsity Race:	10:50 A.M.	3.0 Miles
Girls JV Race:	11:20 A.M.	3.0 Miles
Boys JV Race:	11:50 A.M.	3.0 Miles
Awards:	12:20 P.M.	

Proudly Sponsored by

**B**<sup>®</sup>  
new balance

**DICK POND**  
ATHLETICS

## TEAMS ENTERED:

Barrington  
Cary Grove  
Crystal Lake Central  
Dundee Crown  
Fenwick  
Hersey  
Hinsdale Central  
Hononegah  
Jones College Prep

Lake Zurich  
Libertyville  
Loyola Academy  
Maine South  
Maine West  
Marmion Academy  
McHenry  
Mundelein  
New Trier

Palatine  
Plainfield North  
Plainfield South  
Prairie Ridge  
Prospect  
St. Ignace  
Stevenson  
Vernon Hills  
York

Yorkville  
Oakwood (Ind)

Centerville (OH)  
Mountain Brook (AL)  
St. Louis University HS (MO)  
St. Xavier (KY)

## BOYS - (32)

## GIRLS - (29)

Barrington  
Buffalo Grove  
Cary Grove  
Crystal Lake Central  
Downers Grove North  
Dundee Crown  
Fenwick  
Hersey

Lake Zurich  
Libertyville  
Loyola Academy  
Lyons Township  
Maine South  
Maine West  
McHenry  
Mundelein

New Trier  
Palatine  
Prairie Ridge  
Prospect  
St. Charles East  
Stevenson  
Vernon Hills

Wheaton-Warrenville South  
Yorkville  
Gardner South-Wilmington (Ind)

Assumption (KY)  
Daviss County (KY)  
Mountain Brook (AL)  
Louisville Male Traditional (KY)

## ENTRIES:

**Your entries must be submitted by Tuesday, September 22<sup>nd</sup>, at 9:00pm.**

- Go to [www.realliminginc.com](http://www.realliminginc.com) and select the Palatine Invitational from the Up-Coming Events column.
- Click on [Entry Form](#) this will open an Excel spreadsheet that is the entry form for the meet.
- For each athlete, enter First Name, Last Name, Class (Fr, So, Jr, or Sr), and Gender (F or M)
- Save the Excel file on your computer
- Finally e-mail a copy of the Excel entry form to: [entries@realliminginc.com](mailto:entries@realliminginc.com)

## MEET SITE:

Deer Grove East Forest Preserve on Dundee Road, ¼ mile west of Hicks Rd. Some (very limited) spectator parking is available. From Rt. 53, exit Dundee Rd. west. Go approximately 2 miles to Deer Grove. Turn right at first entrance past Hicks Rd. Course routes are 3.0 miles and 2.5 miles. 3/8" spikes are suggested for all.

## AWARDS:

We will award 7 medals to the following top teams.  
The coach of these teams will receive a special award.

Team:	Boys Frosh	1 <sup>st</sup> 3 teams	Girls Fr/So	1 <sup>st</sup> 4 teams
	Boys Soph	1 <sup>st</sup> 3 teams	Girls JV	1 <sup>st</sup> 3 teams
	Boys JV	1 <sup>st</sup> 3 teams	Girls Varsity	1 <sup>st</sup> 5 teams
	Boys Varsity	1 <sup>st</sup> 5 teams		
Individual:	Varsity races	1 <sup>st</sup> through 30 <sup>th</sup> place medals		
	Soph. & JV races	1 <sup>st</sup> through 20 <sup>th</sup> place medals		
	Frosh & F/S races	1 <sup>st</sup> through 25 <sup>th</sup> place medals		