



2016 State Qualifiers

Congratulations on qualifying for state Saturday!!!! Included in this packet is a schedule for the week, directions, and an attached T-shirt form.

- Tuesday October 11th **Practice until 4:30/Short Parent meeting after practice to go over further state details.**
- Wednesday October 12th **Practice until 4:30**
- Thursday October 13th **Practice until 4:30**
- Friday October 14th **Morning Practice 6:30-7:45**
- Saturday October 15th **STATE MEET AT MAXWELL PARK**
 - The girls Class AA race will start approximately **11:00 (Report to Box 10:45)**
 - The guys Class AA race will start approximately **11:45 (Report to Box 11:30)**

T-Shirt Form: Please print off or turn in t-shirt form information by the start of the school day on Wednesday October 12th if you would like to Pre-Order your Cross Country State Apparel. Pre-Ordering is only available through team orders and school payment. Apparel will be available the day of the meet and they will accept personal payment options. **ALL PRE ORDERS MUST BE FAXED BY 9:00a.m. Wednesday.**



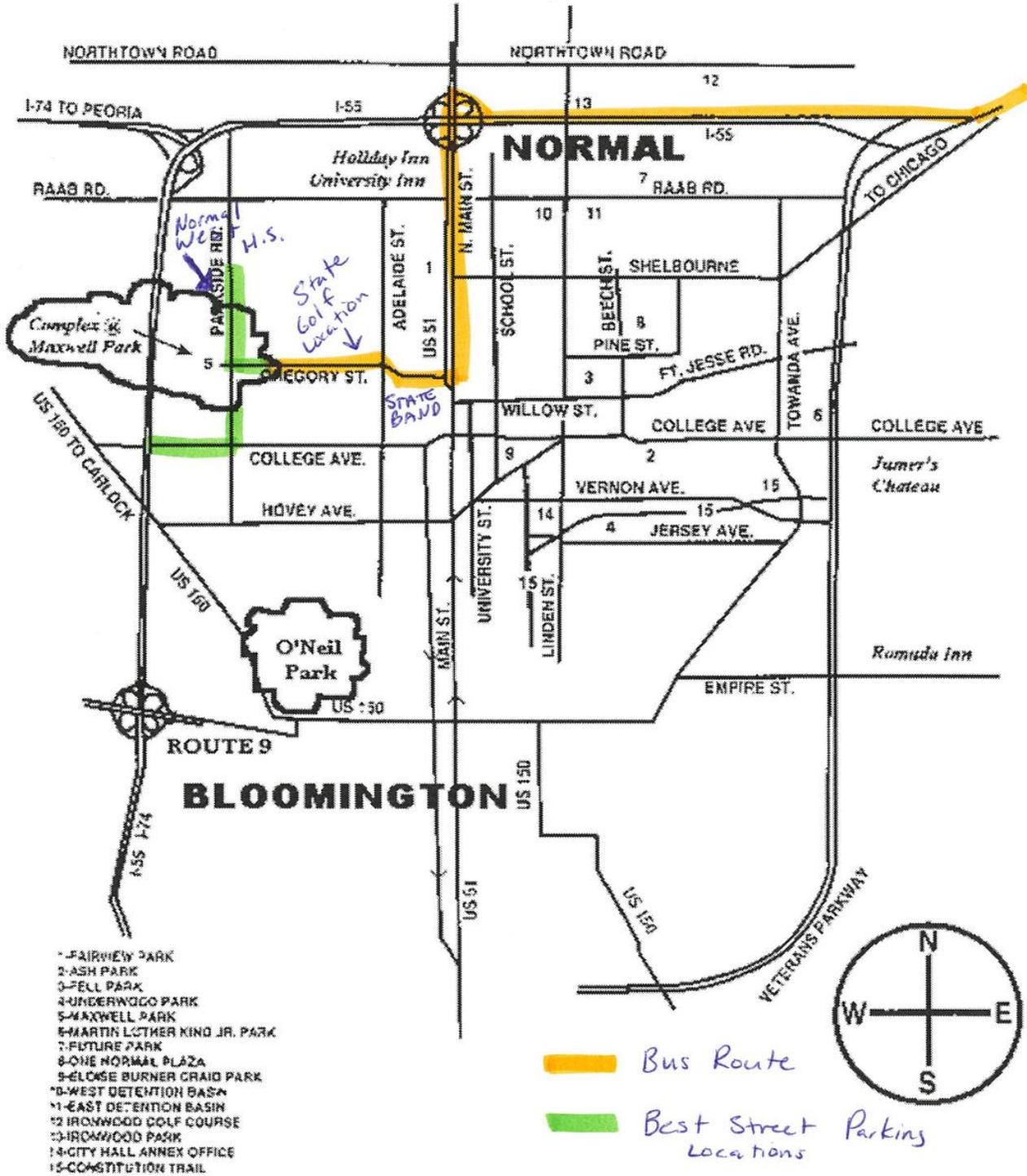


2016 IESA STATE CROSS COUNTRY FINAL

Schedule of the day Saturday October 15th

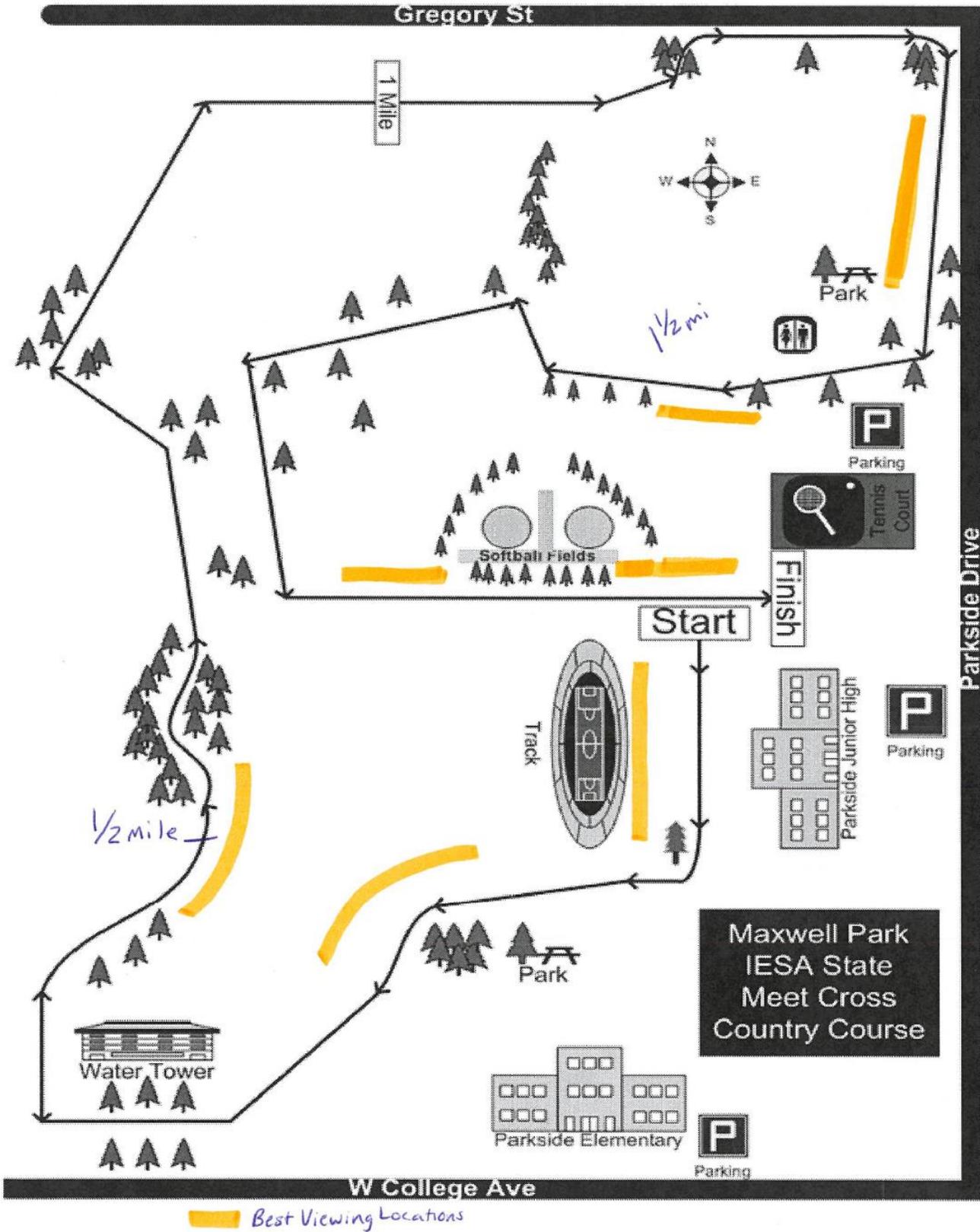
7:15-7:30	Arrive at LMS/Decorate Vehicles/Bus???
7:45	Depart LMS
9:15	Arrive at Normal Parkside/ Maxwell Park.
9:15-9:30	Set up camp, use restrooms, pick up t-shirts, coaches packets, etc.
9:30-9:50	Team photos in Parkside Junior High Gymnasium
9:50-10:15	Walk course (Races will have already started for the day, we will walk along the side for key parts of the course.)
10:15-10:30	Girls Team Warm-Up
10:30-10:40	Girls Team Stretching at the Track
10:40-10:45	Girls Team reports to Starting Box. Form running will be done from the start line.
11:00	Start of Girls Team Race/Guys Team begins warm-up along inside of the course.
11:15-11:25	Guys Team begins Stretching at the Track after Girls team runners have finished.
11:25-11:30	Guys Team reports to Starting Box. Form running will be done from the start line.
11:45	Start of Guys Team Race
12:45	Top 25 finisher(s) or Top 4 Teams Report to Awards Assembly
1:15	Class AA Awards Ceremony @ Normal West High School

The Complex @ Maxwell Park



- 1- FAIRVIEW PARK
- 2- ASH PARK
- 3- FELL PARK
- 4- UNDERWOOD PARK
- 5- MAXWELL PARK
- 6- MARTIN LUTHER KING JR. PARK
- 7- FUTURE PARK
- 8- ONE NORMAL PLAZA
- 9- ELONSE BURNER CRAID PARK
- 10- WEST DETENTION BASIN
- 11- EAST DETENTION BASIN
- 12- IRONWOOD GOLF COURSE
- 13- IRONWOOD PARK
- 14- CITY HALL ANNEX OFFICE
- 15- CONSTITUTION TRAIL

The State Course @ Maxwell Park



Types	Adult Size	Price		<p style="text-align: center;">See Designs in Color on our website www.cubbyholeonline.com or www.IESA.org</p>
T-Shirt (White)	YL, S, M, L, XL	\$17.00		
	XXL	\$19.00		
Long Sleeve T-Shirts (White)	YL, S, M, L, XL	\$19.00		
	XXL	\$21.00		
Crewneck Sweatshirts (Athletic Grey)	YL, S, M, L, XL	\$25.00		
	XXL	\$27.00		
Hooded Sweatshirts (Athletic Grey)	YL, S, M, L, XL	\$30.00		
	XXL	\$32.00		
				LETTERING ON BACK ADDITIONAL \$3.00/NAME
				EMBROIDERED CC W/ ARROW (CC) PATCH \$2.00
				EMBROIDERED QUALIFIER (SQ) PATCH \$2.00
				EMBROIDERED YEAR (Y) PATCH \$2.00

Name of Coach:

Name of School:

Size	Item Type	Imprinting on Back (Lines 1-5)	Patches
<input type="checkbox"/> YL	<input type="checkbox"/> T-Shirt White	<input type="text"/>	<input type="checkbox"/> CC
<input type="checkbox"/> S	<input type="checkbox"/> Long Slv T-White	<input type="text"/>	<input type="checkbox"/> SQ
<input type="checkbox"/> M	<input type="checkbox"/> Crew Sweat Grey	<input type="text"/>	<input type="checkbox"/> Y
<input type="checkbox"/> L	<input type="checkbox"/> Hood Sweat Grey	<input type="text"/>	
<input type="checkbox"/> XL		<input type="text"/>	
<input type="checkbox"/> XXL		<input type="text"/>	

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- ★ Checks should be made out to Limestone Middle School. Cubby Hole pre-orders will only accept School issued payments.
- T-shirt orders should be turned in office envelopes on Tuesday and Wednesday morning or at practice Tuesday.
 - T-shirts will be picked up when we arrive on Saturday morning.