



**37th Annual Sean Earl Loyola Lakefront
Cross Country Invitational
13th Annual Bill Bradna High School Division**

Date: Saturday, October 3, 2009

Race Schedule:	Rambler Run 5k (Open to all ages)	7:30am
	Elementary Boys/Girls 2000 meters	8:00am
	JV Boys/Girls 5000 meters	8:30am
	High School Boys Frosh/Soph 5000 meters(12 runners per team)	9:00am
	High School Girls Frosh/Soph 5000 meters (12 runners per team)	9:30am
	Elementary School Awards (immediately following start above)	9:35am
	High School Boys Varsity 5000 meters (12 runners per team)	10:00am
	High School Girls Varsity 5000 meters (12 runners per team)	10:30am
	Men's NCAA/NAIA Collegiate 8000 meters	11:00am
	High School Awards (immediately following start above)	11:05am
	Women's NCAA/NAIA Collegiate 5000 meters	11:45pm
	NIRCA Men's 8000 meters	12:15pm
	Collegiate and Rambler Run Awards	12:30pm
	NIRCA Women's 5000 meters	12:45pm
	Alumni/Parent/Team gathering and Senior Recognition	1:00pm
	NIRCA Awards	1:30pm

Site: Montrose Avenue Beach, 4400 North Lake Shore Drive at Lake Michigan in the city of Chicago – Directions are on our website at www.loyolaramblers.com – go to cross country page and Sean Earl Loyola Lakefront Info on right side of screen.

Course/Map: Course map enclosed and online at www.loyolaramblers.com – cross country site – **Course Map and Directions** link.
Start & Finish area located at the Montrose Avenue Beach House. The course crosses a few asphalt paths but the rest of the course is run entirely on grass. There is one main hill that the course covers three times in the 5k and five times in the 8k. Miles will be marked.

Entry: Done **ONLINE!!!**

Due: **11:59pm, MONDAY, September 28, 2009**

College/Elementary/JV: Unlimited entries per race.
Frosh/Soph & Varsity: 12 runners per race.

All entries done online – go to www.directathletics.com to enter your team or individuals online – if you have questions go to www.loyolaramblers.com – to the cross country site

– to **Online Registration** link for information on how to use Direct Athletics - All entries are due by **11:59pm - Monday, September 28, 2009.**

Open contestants will need to sign a waiver upon packet pickup.

- Entry Fees: College - \$200 per men's team and \$200 per women's team. Individual entries \$20
NIRCA - \$150 per men's team and \$150 per women's team.
High School - \$100 per boys team and \$100 per girls team. Individual entries \$10
Elementary - \$50 per school - Individual entries \$10
Open - \$20 per person (\$10 for Loyola students w/ID, \$15 for non-Loyola students, \$15 for CARA members with ID)
Checks payable to Loyola University.
- Scoring: We will score each race separately.
Top 7 runners will count toward scoring (first 5 score, 6 and 7 displace).
All runners after your seventh finisher will be included in the results.
- Results: For the elementary school races, have your teams prepared to give the pull tag on the bottom of the number to the person at the end of the finish area. For all other races, we will be using the Championship timing system. Results will be done by the order of finish determined by the chip. The athletes will be wearing one chip on their foot.
Return all chips in the envelope provided to the registration tent following the race. There will be a \$30 charge for all chips not returned. Copies of the computerized results will be available at the results tent – please use your results ticket to obtain results. Results will also be posted at our website at www.loyolaramblers.com.
- Awards: The top 15 finishers and the top 2 teams in each race receive awards.
- Packets: Pick up at the Asics/Dick Pond Tent behind the starting line.
Friday afternoon from 3:30-5:30 pm
Saturday morning beginning at 7:00 am
Chips will be available at the chip tent adjacent to the registration tent. Pull the numbers of any runners that were registered but not able to run. You will receive chips for all of the runners that are racing. You will also receive an envelope with the total number of chips issued written on it. Please return this envelope with the chips following the race to the chip return tent. **There will be a \$30 charge for all chips not returned.**
- Parking: **All Team Bus/Team Van/Spectator parking** – take Wilson Ave exit east from Lake Shore Drive – lot is on the left just north of hill.
- Showers: Teams may dress and shower afterwards at Loyola's Alumni Gym. Bring your own towels. Loyola's Lake Shore Campus is located 3 miles north of the cross country course at 6511 N. Sheridan Road.
- Questions: Head Coach Rick Wemple - 773-508-2582
Assistant Coach Sterling Moss – 773-508-2585
Loyola Athletic Department - 773-508-2560
Loyola SID – Bill Behrns - 773-508-2575
Loyola Academy Head Boy's Coach – Dan Seeberg – 847-920-2628
- Hotel info: See page below.

Hotel Information

DoubleTree Hotel and Conference Center
Chicago North Shore
\$119 rate - Call Julie Hilgendorf @ 847-329-4390
Email – Julie.hilgendorf@hilton.com
www.skokieillinoishotel.com

Great hotel – about 25 minutes from course Saturday morning – a little longer with traffic on Friday
Old Orchard Mall located across the street with many restaurants

Allow more time on Friday afternoon due to Chicagoland traffic!

Airline info:

DIPLOMAT TRAVEL
REP: MIKE O'MALLEY
(773) 774-2727

The official travel agency of the Loyola Lakefront Invitational

Entries are due ONLINE at 11:59pm Monday, 9/28/09

