

Illini Heat Cross Country

Join The Illini Heat Track Club during this Cross Country season. The team will be coached again by Rick Wallace (Level 1 USATF certified coach)

Practices will be held Monday and Wednesday evenings at the Armory on the University of Illinois campus, from 7:00 to 8:30 p.m. beginning Monday Oct 19th. Space will be limited to the first 20 athletes so please let Rick know if your interested ASAP.

Race Divisions are:

- Bantam (born 1999 or later) – 3 K
- Midget (1997-1998) - 3K
- Youth (1995-1996) - 4K
- Intermediate (1993-1994) -5K
- Young Men /Women (1991-1992) -5K

Club endorsed meets:

- Nov 8 – Decatur*
- Nov 14 – State Meet*
- Nov 28 – Regional Meet, Terre Haute, IN
- Dec 12 – Junior Olympic National Meet Reno, NV

*These are Youth, Midget, and Bantam meets only. Int and Young Men/Women begin competition at the Regional Meet.

The fee for joining the Illini Heat Cross Country team is \$40.00. Please call or e-mail Rick Wallace for more information at 359-5016 or rwallace720@yahoo.com