

## **Assumption High School Cross Country**

### **Palatine Invitational Meet information**

(Chicago, IL)

#### **Team Hotel info:**

Courtyard Chicago Arlington Heights/North  
3700 North Wilke Road  
Arlington Heights, IL 60004  
(847) 394-9999

**Race location:** Deer Grove Forest Preserve in Palatine, IL (west of hotel on W. Dundee Rd)  
(GPS coordinates: N42° 08.406' W88° 02.584')

#### **Trip Itinerary (expected):**

##### ***Friday (Sept 26)***

- Leave Louisville at 7-7:15 am from the Assumption parking lot
- Stop for lunch about 12:00 (Eastern time) at Westfield Southlake Mall (Exit #253/U.S. Hwy 30 by Merrillville, IN)
- Leave from Westfield Southlake Mall about 1:00 pm (Eastern time)
- Arrive at hotel about 2:00 pm (Central time)
- Run course at about 3:30 pm (Central time)
- Eat Dinner at hotel about 6:30 pm (Central time)

##### ***Saturday (Sept 27)***

- Leave hotel for CC meet at 7:30 am (Central time)
- Frosh-Soph Girls race (4k) at 9:25 am (Central time)
- Varsity Girls race (3 mi) at 10:20 am (Central time)
- JV Girls race (4k) at 11:20 am (Central time)
- Picnic with Palatine team after meet
- Leave race site (2:00 pm Central time)
- Depart for Chicago (4:30 pm Central time) for the Water Tower (dinner/shopping)
- Leave Chicago and return to hotel (9:00 pm Central time)

##### ***Sunday (Sept 28)***

- Wake up at 8:00 am (Central time) to do a distance run (about 45-60 minutes)
- Leave Chicago at 10:30-11:00 am (Central time)
- Lunch stop (McDonalds/Subway) at Exit 178
- Return to Louisville at 6:00 pm (Louisville time)