



## ILLINOIS TRACK & CROSS COUNTRY



## COACHES ASSOCIATION

**DON'T MISS** Sweeping changes potentially made to IHSA T&F

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# 2015 2A Boys ICCCP: Week 4

By *ITCCCA* on September 30, 2015

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HOME CLINICS AWARDS ABOUT ASK AN EXPERT CLASSIFIEDS

This Week	Last Week	Team	Points	First Place Votes
1	1	Mahomet (M.-Seymour)	178	11
2	2	Grayslake (Central)	170	2
3	3	Yorkville	151	
4	4	Darien (Hinsdale South)	142	
5	5	Belvidere (North)	118	
6	6	Vernon Hills	113	
7	7	Crystal Lake (Central)	97	
8	8	Springfield (H.S.)	96	
9	9	Chatham (Glenwood)	70	
10	10t	Normal (University)	58	

### ITCCCA NEWS

#### Seniors: Join Team Illinois At The 2015 MidEast Meet!

SENIORS! TIME TO SIGN UP FOR 2015! Information at a...  
September 23, 2015 0

#### 2015 ITCCCA Fall Meeting Oct. 7

ITCCCA Fall Meeting October 7, 2015 Time: 7:00PM  
Where: Angelo's...  
September 20, 2015 0

### RECENT COMMENTS

- Coach on Sweeping changes potentially made to IHSA T&F
- ITCCCA on Ask an Expert: Getting the most out of distance runner...
- Dr. Brian Damhoff on Ask an Expert: Running Website (and Apps) for team documentation of runs.
- Peter on Ask an Expert: Running Website (and Apps) for team documentation of runs.
- Tony Holler on 8 Workouts from the Vault

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### ASK AN EXPERT

Name

First Last

Email

Category:

11	10t	Rock Island (Alleman)	56
12	13	Rockford (R. Christian)	37
13t	12	Crystal Lake (Prairie Ridge)	29
13t	NR	West Chicago (Wheaton Academy)	29
15t	14	Danville (H.S.)	22
15t	NR	Metamora	22

**Best of the Rest (Others receiving votes—in point order)**

Maple Park (Kaneland) 21, Peoria (Notre Dame) 6, Wheaton (St. Francis) 5, Normal (Community West) 4, Oak Park (Fenwick) 2, Springfield (Sacred Heart-Griffin) 2, Dixon (H.S.) 1, New Lenox (Lincoln-Way West) 1

The Illinois Cross Country Coaches Poll is based on votes submitted each week by a number of knowledgeable and objective boys' and girls' high school coaches. Participating coaches represent regional and sectional groupings from across the state. The polls will rank both Girls and Boys Class 2A teams. Polls will continue through the regional meet weekend. The polls will be available by Wednesday of each week on [www.itcca.com](http://www.itcca.com) and [DyestatIL.com](http://DyestatIL.com).

Featured



**About ITCCCA**

- To promote interest, enthusiasm, and improvement in track and cross-country in Northern Illinois.
- To provide education and opportunity for involvement for every coach in our association by methodology. We also strive to bring in outstanding coaches and athletes from the college ranks.
- To promote, publicize, and recognize achievement of our area athletes and coaches.
- To request the feelings of schools, coaches, and athletes of our area on rule changes, administration of track and cross-country meets to the IHSA. We strive to provide a voice representing the needs and interests of Northern Illinois in any decisions regarding track and cross-country in the state of Illinois.
- To work with and generally support the Illinois High School Association.

**RELATED POSTS**

2015 3A Girls ICCCP: Week 4

2015 3A Boys ICCCP: Week 4

2015 2A Girls ICCCP: Week 4

2015 1A Girls ICCCP: Week 4

**LEAVE A REPLY**

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- Discuss
- Distance
- High Jump
- Hurdles
- Long Jump
- Other/Miscellaneous
- Philosophy/Ideas
- Pole Vault
- Relays
- Shot Put
- Sprints/Speed
- Triple Jump

**Question:**

**Explain your Question:**

**Submit a video/file**

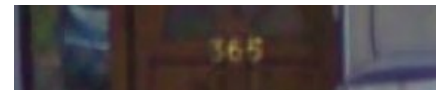
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