

PROSPECT XCTF: RUNNING LINKS

Twitter: www.twitter.com/ProspectXCTF

Facebook: www.facebook.com/ProspectXCTF

Prospect Girls XC webpage: www.ProspectXCTF.com

Prospect Girls Track webpage: <https://sites.google.com/a/d214.org/prospect-girls-track-field/>

Prospector Now (Prospect High School newspaper): <http://prospectornow.com>

Prospect Athletics Page: <http://phs.d214.org/athletics/default.aspx>

Prospect High School Website: <http://phs.d214.org>

ILLINOIS HIGH SCHOOL RUNNING WEBSITES:

www.ihsa.org Official IHSA Website with general sport and State series information

<http://il.milesplit.com/> Amazing website with Illinois Meet results, write-ups, pictures, videos, etc.

There is a membership option as well but a lot of the information is able to be view without purchasing a membership.

<http://www.dyestatil.com/> Outstanding coverage of IHSA XC and T&F. Includes meet results, rankings, and write-ups on the weekend's competitions.

<http://nxnmw.runnerspace.com/> Nike Cross Midwest is a post-season event, which provides an opportunity for qualification to the Nike Cross Nationals (NXN) in Portland, Oregon.

<http://footlockercc.com/index.shtml> Footlocker Cross Country Championships is another postseason race, which must be qualified for through the Midwest Regional run at UW-Parkside course in Kenosha, WI. (click the Region: Midwest for more info)

<http://itccca.com/> Illinois Track and Cross Country Coaches Association site has a few good articles, information about senior meets.

<https://www.iesa.org/> Illinois Elementary School Association (IESA) is the location to find junior high/middle school results

NATIONAL HIGH SCHOOL RUNNING WEBSITES:

<http://www.dyestat.com/> Expanded view of what is going on across the nation

<http://www.milesplit.com/> Mile Split USA is expanded coverage of the nations top high schools and performers.

<http://www.usatf.org/Youth.aspx> USATF Youth is the location to go to for USATF Youth Racing such as Junior Olympics and Midwest/Regional qualifiers.

COLLEGIATE AND PROFESSIONAL RUNNING WEBSITES:

<http://www.flotrack.org/> Lots of videos and articles on collegiate XC and T&F. Good Olympic and World champ coverage as well. There is "Workout Wednesday" videos are pretty awesome to see other training done by college and pro athletes.

<http://www.letsrun.com/> Lets Run is an amazing site with information about all the latest happenings in the sport from collegiate updates, to professional races, and road race updates.

<http://www.runnerspace.com/> Runners Space provides news on HS, Collegiate, Professional Road Racing, and Training.

<http://runnergirl.com/> Runner Girl provides an array of articles that provide expert advice for the well being of girls/women.

<http://www.ncaa.com/> National Collegiate Athletics Association has info about all NCAA sports.

<http://www.ustfccca.org/> US Track & Field and Cross Country Coaches Association – good site and reporting for all collegiate levels: DI, DII, DIII, NAIA, and NJCAA

<http://www.usatf.org/> USA Track & Field

RUNNING TRAINING PACE CALCULATOR:

<http://www.runnersworld.co.uk/general/rws-training-pace-calculator/1676.html> Runner's World Training Pace Calculator. Put in the result from a previous race and it puts out your approximated training paces. Note: XC races there will be some variance due to the measurement of the course and the difficulty of the terrain.

ROUTE TRACKING AND GPS MAPPING:

<http://www.mapmyrun.com/> Map My Run

<http://www.usatf.org/routes/map/> USATF America's Running Routes- Map It

<http://www.gmap-pedometer.com/>

LOCAL NEWSPAPERS AND MEDIA:

http://www.journal-topics.com/news/mt_prospect/ Mt. Prospect Journal and Topic

<http://www.dailyherald.com/> Daily Herald

<http://www.chicagotribune.com/sports/> Chicago Tribune

MAGAZINE SITES:

Flipster is a app that allows you to download magazines such as Runners World and Running Times for a week or read online. Download the app and to access the District 214 account Prospect athletes and parents will need to email requesting access to the login and password.

<http://www.runnersworld.com/> Runner's World Magazine

<http://www.runnersworld.com/running-times> Running Times Magazine



COLLEGIATE RECRUITING:

<http://www.athleticscholarships.net/ncaa-clearinghouse.htm> NCAA Clearinghouse (now called NCAA Eligibility Center)

http://web3.ncaa.org/ECWR2/NCAA_EMS/NCAA.jsp NCAA Eligibility Resources

<http://www.ncaa.org/student-athletes/resources/recruiting-calendars> - Information about NCAA Recruiting calendars and common questions

<http://www.athleticscholarships.net/2014/10/23/ncaa-rules-loopholes-for-contacting-coaches.htm> - Info about the Sept 1 contact time for underclassmen and loopholes in the process

<http://www.athleticscholarships.net/2013/09/04/september-1st-and-the-ncaa-recruiting-calendar.htm> - Info about the Sept 1 for each graduating class (the year may not match up as this is not an updated file but 2014 represents this year's senior class)