

SIJHSAA 2025 CLASS L CROSS COUNTRY REGIONALS

REGIONAL WINDOW: OCT 7-14, 2025

STATE MEET IN DUQUOIN ON OCT 18

REGIONAL 1

CENTRAL-BV

DUPO

MILLSTADT

RED BUD

SMITHTON

WATERLOO- HOST

WEST-BV

CHESTER

EMGE-BV

REGIONAL 2

BREESE

MARYVILLE CHR.

PONTIAC

SPARTA

WHITESIDE

WESCLIN- HOST

WOLF BRANCH

SHILOH

REGIONAL 3

BENTON- HOST

MARION

ELDORADO

HARRISBURG

MT. VERNON

TRICO

W. FRANKFORT

HAMILTON COUNTY

REGIONAL 4

ANNA

CARTERVILLE

CARBONDALE

DUQUOIN

HERRIN

MURPHYSBORO-HOST

MASSAC CO.

UNITY POINT

REGIONAL 5

CARMI

CENTRALIA

FAIRFIELD

NASHVILLE

MT. CARMEL

OLNEY

SALEM-HOST

CARLYLE