



IHSAA/IGHSAU State Qualifying Cross Country Meet

Wednesday, October 18, 2023

- TO:** Athletic Directors and Boy's & Girl's Cross Country Coaches
- FROM:** D'Anne Kroemer, Athletic Director, Pleasant Valley High School
Erik Belby, Boy's Cross Country Coach, PVHS
Jane Wheeler, Girl's Cross Country Coach, PVHS
- LOCATION:** **Crow Creek Park, Bettendorf, Iowa**
Buses will drop teams in the parking lot and park along the 1st row of the main parking lot. We will have Scott County Deputy's directing you.
- TEAMS:** Bettendorf, Cedar Rapids Kennedy, Clinton, Davenport Central, Davenport North, Davenport West, Dubuque Hempstead, Iowa City, City High, Pleasant Valley, Cedar Rapids Prairie
- PETS:** **ALL Pets are prohibited at ALL IGHSAU/IHSAA sanctioned events.** Compliance with Iowa Code 216C.1 will be followed.
- ENTRY INSTRUCTIONS:** Registration will be via attached excel file. Please email file to kroemerdanne@pleasval.org & newkbug@gmail.com
DEADLINE – 12:00pm noon - Tuesday, October 17, 2023.
- AWARDS:** ***New this year we will be advancing to state a minimum of 5 individuals who are not on a qualifying team. These individuals may not receive a physical award if they did not place in the top 15 (4A, 3A, 2A) or top 10 (1A), however, they will be acknowledged as qualifiers during the Awards Ceremony.**
- Medals to the top **fifteen (15) individuals** in each race (Girls and Boys)
Medals to the members of the **first three (3) teams** (Girls and Boys)
Girls' team qualifying for the state meet will receive a banner (top three teams)
Boys' teams qualifying for the state meet will receive a banner (top three teams)
An awards ceremony will occur after race results have been verified for accuracy
- TIME:** 3:30 PM – Head Coach Meeting by shelter
4:00 PM – Varsity Girls – enter 7, score 5
4:40 PM – Varsity Boys – enter 7, score 5
5:25 PM – Awards Ceremony

INSTRUCTIONS: Upon arrival, report to the shelter for your packet which contains pertinent materials

and information.

FOOTWEAR: The course consists of mowed grass, with the exception of a few sidewalk crossings. About ½ of the course is on a sod trail through a wooded area. Therefore, ¼ "or 3/8" spikes are recommended.

LENGTH OF COURSE: Girls & Boys - 5000 meters

FINISH LINE: The finish line will be clearly marked. All races share a common finish line. There will be a clock displaying finish times. We will be using chip timing.
The bib will be the chip must be returned.

TRAINING: We will have MEDIC and PVCSD Certified Athletic Trainer, Jason Viel on site.

COURSE TOURS: The course is well marked with white lines, cones, and directional signs; making a self - guided tour easy. Maps are enclosed.

DRESSING FACILITIES: Restroom facilities will be provided. No locker rooms are available at the park

RULES: The meet will be run according to IHSAA and IGHS AU rules.

RESULTS: Results will be posted on <https://onlineraceresults.com/> and emailed to all participating schools following the conclusion of the meet.

TEAM BOXES: Drawn by the meet manager, identified by school name in each box.

QUESTIONS: D'Anne Kroemer, Athletic Director	563-332-5151 (o) or 563-650-3333 (c)
Jeff Castro, Chip Timer	563-343-7132
Erik Belby, Head Boys Coach	belbyerik@pleasval.org
Jane Wheeler, Head Girls Coach	wheelerjane@pleasval.org

We look forward to seeing you on Wednesday, October 18, 2023

Safe travels!

D'Anne

D'Anne Kroemer, CAA
Athletic Director, Pleasant Valley High School