



## IHSAA/IGHSAU State Qualifying Cross Country Meet

**Wednesday, October 19, 2022**

**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 1<sup>st</sup> row of the main parking lot.** We will have Scott County Deputy's directing you.

**TEAMS:** Bettendorf, Burlington, Davenport Central, Davenport North, Davenport West, Iowa City, City High, Linn-Mar, Muscatine, 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](mailto:kroemerdanne@pleasval.org) & [newkbug@gmail.com](mailto:newkbug@gmail.com)  
**DEADLINE – 12:00pm noon - Tuesday, October 18, 2022**

**AWARDS:** 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  
5:20 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 at the finish line.

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 IHSA and IGHSAU rules.

RESULTS: Results will be posted on RacersHub and emailed to all participating schools following the conclusion of the meet.

TEAM BOXES: Drawn by the meet manager, identified by school name

|                                              |                                                                        |
|----------------------------------------------|------------------------------------------------------------------------|
| 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                  | <a href="mailto:belbyerik@pleasval.org">belbyerik@pleasval.org</a>     |
| Jane Wheeler, Head Girls Coach               | <a href="mailto:wheelerjane@pleasval.org">wheelerjane@pleasval.org</a> |

We look forward to seeing you on Wednesday, October 19, 2022

Safe travels!

***D'Anne***

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