



IHSAA/IGHSAU State Qualifying Cross Country Meet

Wednesday, October 20,2021

LOCATION: Crow Creek Park, Bettendorf, Iowa

TEAMS: Bettendorf, Clinton, Davenport Central, Davenport North, Davenport West, Iowa City, City High, Iowa City Liberty, Linn-Mar, North Scott, Pleasant Valley

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 with receive a banner (top three teams)
Boys' teams qualifying for the state meet with 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
4:30 PM – Varsity Boys – enter 7, score 5
5:15 PM – Awards Ceremony

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.

TRAINING: We will have MEDIC and PVCSD Certified Athletic Trainer, Jason Viel at the finish line.

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 IGHSAU rules.
NO PETS/ANIMALS ARE ALLOWED.

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 and there will be an open box on each side of each team.