



***Iowa Girls High School Athletic Union***  
5000 Westown Parkway, Suite 150 - West Des Moines, Iowa 50266 - (515) 288-9741

***Iowa High School Athletic Association***  
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



October 25, 2013

TO: Athletic Directors  
Cross Country Coaches

SUBJECT: State Cross Country Information

Congratulations to your team and/or individuals on qualifying for the 2013 Cross Country State Championships. The Meet will be held at the Lakeside Municipal Golf Course in Fort Dodge on Saturday, November 2. The course is located north of Fort Dodge on Highway P56 (formerly 413; an extension of 15<sup>th</sup> street), approximately two miles north of the Fort Dodge Airport and Harlan Rogers Park.

**PARKING PASS:** A parking permit has been mailed to your school. One permit is issued to each qualifying school. A parking permit will be mailed from both the Girls Union and the Boys Association to the schools with qualifiers. The parking permit can only be used in the park. The parking pass is for your use in the parking lot at the clubhouse. Allow plenty of time for your competitors to arrive and properly warm-up.

**PARKING CHARGE:** You should let your fans know that there will be a \$10 charge per vehicle for parking. It makes no difference if the vehicle enters the park or parks in nearby farm fields. The charge will be the same, \$10.

**GENERAL INFORMATION:** All necessary meet information will be posted on the IHSAA and IGHSAA websites. Starting grids and participant information will be on the websites by the time this letter is received. Please find below some pre-meet information.

**MEET SCHEDULE:**

11:00 a.m.	Girls' 4A
11:30 a.m.	Boys' 4A
12:00 p.m.	Girls' 3A
12:20 p.m.	Awards Ceremony 4A
12:30 p.m.	Boys' 3A
1:00 p.m.	Girls' 2A
1:20 p.m.	Awards Ceremony 3A
1:30 p.m.	Boys' 2A
2:00 p.m.	Girls' 1A
2:20 p.m.	Awards Ceremony 2A
2:30 p.m.	Boys' 1A
3:00 p.m.	Awards Ceremony 1A

**PACKET PICKUP:** Upon arriving at the site, each school will have a packet to pick up at the south side of the club house under the deck. In this packet you will find numbers, (with the timing chip attached to the back of each number), starting grid positions, pins, and map of the course. **NUMBERS MUST BE WORN ON THE FRONT OF YOUR SHIRT, AND PINNED ON ALL FOUR (4) CORNERS.** All team substitutions must be reported to the clubhouse prior to the start of the race. **Reminder, we will run 7 and score 5 in all classes using displacement scoring.**

**RESULTS:** Cal Murdoch will be doing the timing and the results. In addition to Cal's system there will also be a Finish Lynx system recording the finish. Results for each class will be posted on the east side of the clubhouse. We remind you that the results, as posted, are **Unofficial** until all results have been compiled by meet management. If you see errors in the results, please report those errors to the clubhouse immediately. You will be then be asked to report the error to the timer at the finish line. After results are posted a complete set of results may be picked up at the southeast side of the clubhouse, lower level. Girls' coaches must also pick up their plaques at this time.

**COURSE:** Please caution your athletes that they must follow the course. The course will be well marked and should be easy to follow. Inspectors will be stationed along the course. **ANY CONTESTANT IN THE STATE MEET WHO APPEARS ON FRIDAY TO WALK OR RUN THE COURSE WILL BE DISQUALIFIED.**

**START:** The Clerk will organize the start immediately **behind** the starting line. Coaches and managers may be with runners on the upper level of the staring area. Spectators should station themselves **SOUTH** of the start.

**AWARDS:** The Awards will be presented in this order: Immediately following the conclusion of the Girls' 3A race the 4A Girls' and Boys' Awards will be presented on the south side of the clubhouse. Next the 3A awards will be presented following the 2A Girls' race, and the 2A awards will be presented following the 1A Girls' race, and the 1A awards will be presented following the 1A Boys' race. **All team and individual winners for the appropriate class should report to the Boys Association or Girls Union representative at the north door of the clubhouse mid-way through the girls' race of the next class.**

**CLUBHOUSE:** Again this year we will be using the clubhouse for compiling results. The clubhouse will be closed to everyone except meet management, officials and media. Coaches with questions or concerns regarding results may come into the clubhouse to discuss concerns with Boys' Association or Girls' Union staff.

**TRAINERS:** The Trinity Regional Medical Center will coordinate training coverage for the State Meet in conjunction with two Advanced Life Support personnel and their equipment. A letter from the trainers will be posted online and in your team packet.

The Meet Director is Matt Elsbecker, Athletic Director, Fort Dodge High School, (515) 574-5754. Dressing room facilities are not available at the site. Any teams wishing to shower after the meet should make arrangements with Matt Elsbecker prior to the day of the meet.



David Anderson  
Assistant Executive Director



John Overton  
Assistant Director