



Iowa Girls High School Athletic Union

PO Box 10348 - Des Moines, Iowa 50306 - (515) 288-9741

Iowa High School Athletic Association

PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



October 23 2009

TO: Athletic Directors
Cross Country Coaches

SUBJECT: State Cross Country Information

Congratulations to your team and/or individuals on qualifying for the 2009 Cross Country State Championships. The Meet will be held at the Lakeside Municipal Golf Course in Fort Dodge on Saturday, October 31.

The course is located north of Fort Dodge on Highway P56 (formerly 413; an extension of 15th street), approximately two miles north of the Fort Dodge Airport and Harlan Rogers Park.

The Meet will follow this time 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

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, starting grid positions, pins, chips, and map of the course. **NUMBERS MUST BE WORN ON THE FRONT OF YOUR SHIRT.** After results are posted a complete set of results may be picked up at the same area where you received your first packet. **You must first turn in your Chips, then you get the results. Every Coach is responsible for turning in the Chips before they leave the course. Reminder, a financial penalty will be assessed for any chips not properly returned.** Girls coaches must also pick up Plaques at this time. All team substitutions must be reported to the clubhouse prior to the start. **Reminder we will run 7 and score 5 using Displacement scoring in all classes.**

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

Dressing room facilities are not available at the site.

The Clerk will organize the start immediately **behind** the starting point, and coaches, teams and spectators should station themselves **SOUTH** of the start. This is on a slight hill and will enable them a view of the entire course.

Additional restroom facilities will be available at the golf course. The enclosed 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. Concessions will be available throughout the day.

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. **The top 3 teams and the top 10 individual winners for the appropriate class should report to Lisa Brinkmeyer and an IHSA Representative at the North door of the clubhouse mid-way through the girls race of the next class.**

Again this year we will be using the clubhouse for compiling results. The clubhouse will be closed to everyone except Meet Management. 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.

The Trinity Regional Medical Center will coordinate training coverage for the State Meet in conjunction with two Advanced Life Support personnel and their equipment.

The Meet Director is Tom Kinseth, Athletic Director, Fort Dodge High School, (515)955-1770. Any teams wishing to shower after the meet should make arrangements with Tom Kinseth prior to the day of the meet.

Mike Dick
Executive Director

David Anderson
Assistant Executive Director

enclosure