

# HEMPSTEAD

H I G H S C H O O L

TO: Cross Country Coaches/Athletic Directors  
FROM: Brian Kuhle/Mark Ressler/Sharon Klein  
RE: City Cross Country Meet  
DATE: Thursday September 29 2016  
SITE: Dubuque Soccer Complex, 3355 John F. Kennedy Road

Dubuque Hempstead is pleased to host the 2016 City Cross Country Meet for men and women at the Dubuque Soccer Complex.

## Times, Order of Events and Entries as follows:

3:30pm	Freshman/Sophomore Women	Unlimited entries, count 5
4:00pm	Freshman/Sophomore Men	Unlimited entries, count 5
4:30pm	Junior Varsity Women	Unlimited entries, count 5
5:00pm	Junior Varsity Men	Unlimited entries, count 5
5:30pm	Varsity Women	Enter 7, count 5
5:55pm	Varsity Men	Enter 7, count 5

(Time schedule is tentative. Races will be run consecutively)

**MAPS:** Course maps of an aerial view have been provided by IIW as a PDF. If you have not done so already, please save an electronic version for future meets held at the Soccer Complex.

## AWARDS:

- Medals will be awarded in all races (places 1-5)

## ENTRIES:

Timing & results will be provided by AccuRace Timing Services. Entries will be through Direct Athletics at [www.directathletics.com](http://www.directathletics.com). Deadline for entries will be Tuesday, September 27th at 8:00pm.

