



EASTERN IOWA CLASSIC CROSS COUNTRY MEET

Thursday, September 25, 2014

At Dubuque Soccer Complex

TO: Athletic Directors
Men's and Women's Cross Country Coaches

FROM: Brian Kuhle, Dubuque Hempstead Athletic Director
Beth Duccini, Women's Cross Country Coach
Mark Ressler, Men's Cross Country Coach

Dubuque Hempstead High School is pleased to host this year's Eastern Iowa Classic Men's and Women's Cross Country Meet. It will take place at the Dubuque Soccer Complex (Kennedy Rd., just North of NW Arterial) on Thursday, September 25, 2014.

ENTRIES:	Cedar Rapids Kennedy	Dubuque Hempstead
	Cedar Rapids Prairie (Girls Only)	Dubuque Wahlert Catholic
	Cedar Rapids Washington	Iowa City High
	Cedar Rapids Xavier	Iowa City Regina
	Clinton	Linn-Mar
	Waterloo West	Davenport North

Entry Fee: **\$40 per team** (make checks payable to Hempstead High School)

TIME SCHEDULE:

- 4:30 JV – Women's (Unlimited entries – Count 5)
- 5:00 JV – Men's (Unlimited entries – Count 5)
- 5:25 Varsity - Women's (Run Seven – Count 5)
- 5:50 Varsity – Men's (Run Seven – Count 5)

DISTANCE: All girls races – 4 kilometers

All boys races – 5 kilometers

COURSE MAP: Attached. Make your own copies as needed.

UNIFORM RULES: Be sure to know and enforce the uniform rules with your athletes.

MEET RESULTS: Results will be posted online roughly 15 minutes after the race.

ENTRY PROCEDURE: Clark Jillson of Accurace Timing Systems will be doing all entries & scoring. You will need to register with DIRECT ATHLETICS. Just go to

<http://www.directathletics.com/meets/xc/4069.html>. Entries are due by **8:00 pm on Tuesday,**

September 23rd.

PROCEDURE:

1. Each school should pick up their packet at the south side of the concession stand. In that packet you will get a pre-assigned number for each athlete. The packet will also contain enough safety pins to pin the number on the front of each runner's jersey. Be sure to pin the top part of the number so the bottom can easily be torn off at the perforation at the finish line.
2. As the runners cross the finish line and enter the chute, a meet official will tear off and collect the lower portion of the number with the runner's name and school.

AWARDS:

Varsity: Plaque to Team Champion and Individual Ribbons to Top 15 Place Winners

JV: Individual Ribbons to Top 15 Place Winners

RESTROOMS: There are restrooms in the concession building.

MEET HEADQUARTERS: Meet Headquarters (for packets, clerical work, and award ceremony) will be by the concession stand.

TENTS: Can be set up on the fields of the complex. Please make sure your camp is not near the running course.

CLEAN-UP: Please help to clean up the complex and your team area following the meet. You will have a trash bag in your packet to make the cleanup easier.

BUS PARKING: All team busses should drop off athletes near the concession/restroom area and then go park at the very back of the paved portion of the lot.