



Muscatine High School 2705 Cedar St. Muscatine, IA 52761 Activities Department P (563) 263-6141 F (563) 263-5397

October 15, 2014

To: The Principal, Athletic Director and Head Cross Country Coaches of teams assigned to the District Cross Country to be hosted by Muscatine High School

From: Andrew Werling
Activities Director/Assistant Principal
Muscatine High School

Welcome to the Cross Country 4A District Meet.

Contest Date: Oct. 23, 2014

Site: Municipal Golf Course, 1820 Iowa Highway 38

Race Times: 4:00 PM Varsity Girls race, enter 7, score 5

4:30 PM Varsity Boys race, enter 7, score 5

5:15 PM Introductions, awards presentation, and results

Course Map: A course map is attached to this document and copies will be available at the event.

Parking: School vehicles are welcome to drop off personnel and equipment at the clubhouse. To accommodate teams and spectators, we have three designated parking areas with van shuttles for your convenience. Maps, signs and security will be provided by MHS, and an initial map is attached to this document. For the safety of all, we ask that everyone including fans to park in designated areas only. The Muscatine Sheriff's Department may ticket and tow, at the owners expense) any vehicles along Hwy 38 or other no parking areas.

- School vehicles will be parked at parking lot #3 after dropping off athletes and equipment. Shuttles
 will be provided. Lot #3 is located at Calvary Church, 501 HWY 61. Use Park Ave. W to avoid
 construction on the Mad Creek Bridge on Hwy 38.
- Spectators may park in any of the designated parking lots. Maps, signs, and shuttles will be provided. Spectators are encouraged to

Please distribute the parking information to coaches, drivers, and spectators.

Tent Areas: We will have signs and designated areas for tents for teams. This will be strictly enforced. The course has vast underground hydration system which must not be damaged.

Starter and Timing: Del Wegner will be our starter. Clark Jilson will be timing and scoring our meet using AccuRace Timing Services. We will be using online entries for this meet via AccuRace. Entries will be open on Thursday, Oct. 16th at 6PM. Entries will close on Tuesday, Oct. 21st at 12:00PM noon sharp.

Entries: Each school is permitted a maximum of seven (7) runners. A minimum of one (1) runner may start for each school. The race will be 5000 meters for boys and 4000 meters for girls. All runners will be counted as they Principal: Mr. Mike McGrory

Activities Director: Mr. Andrew Werling





finish the race. In order for a school to qualify on a team basis, five (5) runners must finish, and if more than five (5) finish, only the first five (5) will be used in computing the team score. The only exception will be if two teams tie. The team with the higher sixth place finisher will be the winner.

Entries Link: http://www.directathletics.com/meets/xc/7410.html

Scoring: to be used for the state qualifying cross country meet will be National Federation Rule 9-2. We will use displacement scoring. Runners who are not members of a team must be removed from the finish list for scoring purposes only.

Awards: will be shipped to you from the Girls Union office by United Parcel Service. Medals are provided for members of the first three (3) teams and the top ten (10) individuals. Girls' team champions will receive a banner. Boys' teams qualifying for the state meet will receive a banner.

Starting Box: assignments shall be drawn at random, not assigned alphabetically. We will videotape the finish.

1: Davenport Central 4:Pleasant Valley 7: North Scott 10. Burlington

2: Davenport West 5: Davenport North 8: Dubuque Senior 3: Clinton 6:Muscatine 9: Bettendorf

Results: will be provided to the participating teams. Each runner will be provided will a dedicated bib number and bar code tag with safety pins. Bar code tags

Coaches sheets: need to be given to the coaches of both boys and girls teams that have qualifiers for the state cross country meet. We will ship twenty-six (26) copies to your school with the medals however we realize many of the top ten finishers will be from qualifying teams. Please make sure each coach of state qualifiers, whether team or individuals, receives a coach sheet.

Course Practice: is not permitted by any schools that has not used the course for practice and/or meets during the season. Violation of this rule will result in disqualification from the competition.

Course Route: will be clearly marked with paint, signs, and markers. Adult supervisors will be posted throughout the course to guide competitors. Competitors are encouraged to traverse the course route on the afternoon of Oct. 23rd.

Concessions: will be provided by Muscatine Municipal Golf Course.

Property Disclosure: Muscatine Community School District, IHSAA, IGHSAU, The City of Muscatine, Muscatine Municipal Golf Course, workers, staff, managers, are not responsible for lost, stolen, or damaged items.

Please contact Activities Director/Asst. Principal Andy Werling, meet manager, with any questions. Andy.werling@mcsdonline.org
1563-263-6141

















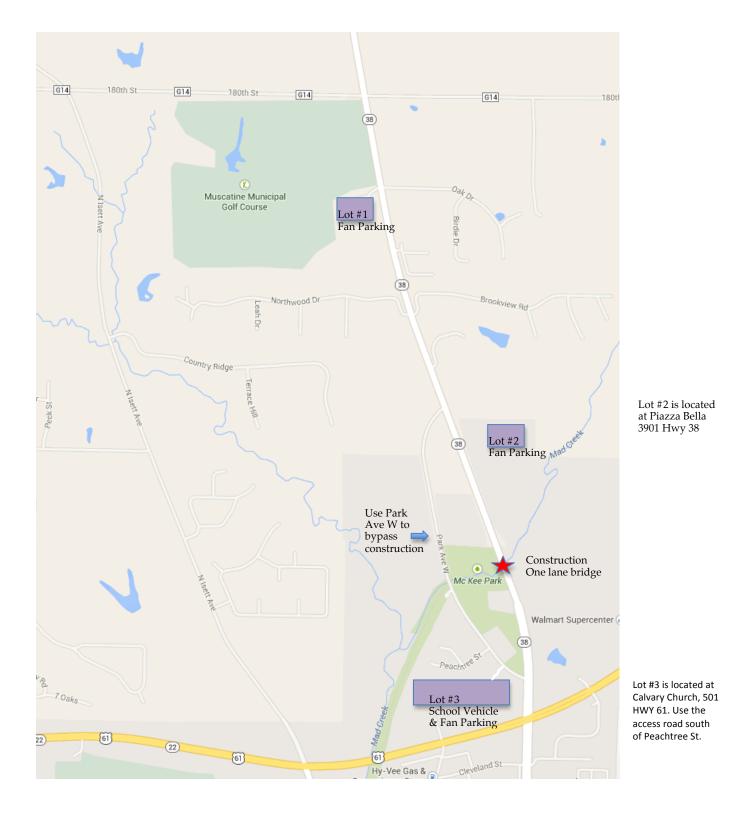












Principal: Mr. Mike McGrory Activities Director: Mr. Andrew Werling Ensuring excellence in education for every student.