



MVC Divisional Cross Country Meet

Thursday, October 15th, 2015

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 MVC Divisional Cross Country Meet. It will take place at the Dubuque Soccer Complex (Kennedy Rd., just North of NW Arterial) on Thursday, October 15th, 2015.

ENTRIES:

Cedar Rapids Washington	Cedar Rapids Xavier
Dubuque Hempstead	Iowa City High
Cedar Rapids Prairie	Waterloo East
Waterloo West	

TIME SCHEDULE:

3:30	9/10 Girls (Unlimited entries – Count 5)
4:00	9/10 Boys (Unlimited entries – Count 5)
4:30	JV Girls (Unlimited entries – Count 5)
4:55	JV Boys (Unlimited entries – Count 5)
5:20	Varsity Girls (run 7 – Count 5)
5:45	Varsity Boys (run 7 – Count 5)
6:15	Awards Presentation

Box Assignments:

- Box 1 – Waterloo East**
- Box 2 – Iowa City High**
- Box 3 – Cedar Rapids Washington**
- Box 4 – Hempstead**
- Box 5 – Cedar Rapids Prairie**
- Box 6 – Waterloo West**
- Box 7 – Cedar Rapids Xavier**

DISTANCE: All 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 on line as soon as possible. A printed copy will be provided before you leave.

ENTRY PROCEDURE: Clark Jillson of Accurace Timing Systems will be doing all entries & scoring. You will need to register with DIRECT ATHLETICS. Go to www.directathletics.com. Entries are due by **8:00 pm on Tuesday,**

October 13th.

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: Certificates and medals will be awarded to runners according to MVC By-Laws.

9th/10th & JV--medals will be given to the top 10 in each race.

VARSITY ONLY:

- 7 MVC First Team certificates will be awarded to the first 7 finishers
- 7 MVC Second Team certificates will be awarded to the second 7 finishers
- 7 Honorable Mention certificates will be awarded to the next 7 finishers

- MVC Athlete of The Year will be awarded to the meet winner.

MVC Coach of The Year: Turn in your ballot to Brian Kuhle at the finish line at the conclusion of the final race.

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.

SECTION 4 -- CROSS COUNTRY (Men and Women)

- A. The Conference shall hold two divisional meets at separate sites one week prior to the district meet and a Conference meet two weeks prior to the district meet. In the event of a postponement due to weather, the MVC meet shall be made up the next possible date. The host will determine the rain date.
1. In the divisional and Conference meets there will be a frosh/soph, junior varsity, and varsity race of the same distance as the state meet for both men and women.
 2. Each school may enter seven (7) and count five (5) in the varsity.
 3. Each school may have unlimited entries in the frosh/soph and junior varsity meet and count five (5). Times and places shall be recorded and team score kept.
 4. Displacement scoring will be used in all six races – **score 7 and count 5 in all races.**
 5. In the event of a tie, follow the IHSAA/IGHSAU tie breaking procedures.

B. In the divisional and Conference meets, the order of races will be as follows: frosh/soph women, frosh/soph men, junior varsity women, junior varsity men, varsity women, varsity men. For other meets involving Conference schools, telephone contact should be made with opposing coaches by noon on the day before the meet to mutually agree on what races will be held and the order of races.

C. Awards:

1. The Athlete-of-the-Year certificate to be awarded to the varsity meet winner of the divisional meet.
2. Coach-of-the-Year: The Athletic Director advisor and coaches shall select a Divisional Coach-of-the Year by confidential vote of the coaches.

Mississippi Valley Conference Girls' All-Academic Team

Process for selection of the All-Academic award: Each coach shall have the name of two senior athletes to be awarded the All-Academic Certificate. The Criteria for this award are contained in the by-laws. Selections will be read at the conclusion of the meet during the awards ceremony.

Please visit with your Athletic Director to determine these qualifiers and email this information to:

wwallace@dbqschools.org prior to the MVC Divisional Meet.

Selections: (two per school)

1. _____

2. _____

Mississippi Valley Conference Boys' All-Academic Team

Process for selection of the All-Academic award: Each coach shall have the name of two senior athletes to be awarded the All-Academic Certificate. The Criteria for this award are contained in the by-laws. Selections will be read at the conclusion of the meet during the awards ceremony.

Please visit with your Athletic Director to determine these qualifiers and email this information to:

wwallace@dbqschools.org prior to the MVC Divisional Meet.

Selections: (two per school)

1. _____

2. _____

Mississippi Valley Conference Women's Cross Country Coach of the Year Ballot

Coach: _____

School: _____

**Mississippi Valley Conference
Men's Cross Country
Coach of the Year Ballot**

Coach: _____

School: _____