

DUBUQUE SENIOR HIGH SCHOOL ATHLETIC DEPARTMENT



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2016 Mississippi Valley Conference—VALLEY DIVISION Cross Country Championships Hosted by Dubuque Senior H.S. Thursday—October 13, 2016

Location: Dubuque Soccer Complex

Schools: Cedar Falls, City High, Hempstead, Kennedy, Prairie, Washington, Dubuque Senior

Concessions: Sandwiches, pop, candy available at the concession stand.

Race Length: All Men's and Women's races will be at 5000m.

Order of Events:

3:30 pm	Freshman/Sophomore Women	Unlimited entries, count 5
4:00 pm	Freshman/Sophomore Men	Unlimited entries, count 5
4:30 pm	Junior Varsity Women	Unlimited entries, count 5
5:00 pm	Junior Varsity Men	Unlimited entries, count 5
5:30 pm	Varsity Women	Enter 10, count 5
6:00 pm	Varsity Men	Enter 10, count 5

Race times are tentative and races may start ahead of schedule. Order of events and the possibility of combining races (Fresh/Soph & JV) due to weather conditions will be considered if necessary.

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.

Entries: Timing & results will be provided by AccuRace Timing Services. Entries will be through Direct Athletics; www.directathletics.com and search for the MVC Valley Divisional. **Entries are due on October 11, 2016 at 12:00 pm.**

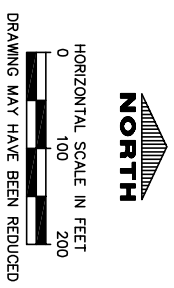
MVC Conference By-laws

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 ten (10) and count five (5) in the varsity.** Displacement scoring will be used in all six races.
 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. Divisional - Seven (7) MVC First Team certificates will be awarded to the first seven to finish, seven (7) MVC Second Team certificates will be awarded to the second seven to finish and seven (7) Honorable Mention will be recognized for the third seven to finish in the varsity division. Small medals shall be awarded the first ten (10) to finish in the 9/10 women, sophomore men, the junior varsity women, and junior varsity men's races.
 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.
 3. The Athlete-of-the-Year certificate to be awarded to the varsity meet winner of the divisional meet.

**Cross Country Course
Dubuque Soccer Complex**

- Boys 5K Course:**
- Begin on Field 3
 - Run around Field 2 and Field 1
 - Run the long loop down to Field 7 twice
 - Run the shortened loop around Field 6
 - Finish on Field 3



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Project Description:
BOYS COURSE LAYOUT WITH SIGN POSITIONING

CROSS COUNTRY COURSE LAYOUT
DUBUQUE SOCCER COMPLEX
DUBUQUE, IOWA
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Dubuque Cross Country Courses
Surveyed by:
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Signs by:
B/C S/C
RYAN CO.
Peosta, IA

2011 Eagle Scout Project
Ben Yoko, Troop 7

Drawing Issue Information		Project Mgr:	Drawn By:
Project Mgr:	JMT	Drawn By:	ARC
Issued For Bidding:		Issued For Construction:	
Rev	Description	Date	By
	COURSE LAYOUT	09-23-11	ARC

Sheet No: **BOYS**
Project No: 11130-00