



# **NORTHEAST IOWA CONFERENCE**

## **2015 Cross Country Meet**

### **Tuesday, October 13, 2015**

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**TO:** Athletic Directors and Cross Country Coaches

**DATE:** Tuesday, October 13, 2015 – 4:00 PM

**LOCATION:** New Hampton Golf and Country Club  
2074 Panora Avenue – New Hampton  
Off of Highway 24 – East of New Hampton – 3 miles

**FACILITIES:** There are no dressing facilities available at the golf course. Porta-potty restrooms will be available at the course.

Please advise your athletes to respect the facilities. We ask that you remind your runners to stay away from the greens and other playing areas.

Coaches will be asked to pick up their information packets in the clubhouse dining area for the event. Runners are asked not to gather in the clubhouse unless they are eating there.

The course will be painted and marked. Judges will be stationed around the course. Any athlete cutting will be disqualified.

If you plan on walking/running the course, please have this completed by 3:50 PM.

A course map is included with this information and copies will be in your team packet.

Please park buses on the blacktop area only! A meet worker will help with this.

**PACKETS:** Please report to the scoring table in the clubhouse to pick up your packet when you arrive. We ask that you make any changes promptly.

**ORDER OF EVENTS:** Please be at the starting line 10 minutes prior to the start of each race.

<b>Time</b>	<b>Level</b>	<b>Distance</b>
4:00	Jr. High girls' (run any number)	2 Mile
4:15	Jr. High boys' (run any number)	2 Mile
4:30	Girls' JV (run any number/count five)	5K
5:00	Boys' JV (run any number/count five)	5K
5:30	Girls' Varsity (run seven/count five)	5K
6:00	Boys' Varsity (run seven/count five)	5K
6:40	Awards/results – Right after boys' race	

## **ENTRY**

**INFORMATION:** Wayzata Results will be running this meet. Follow these steps to enter:

- 1) Go to [www.wayzatarresults.com](http://www.wayzatarresults.com)
- 2) Click on Online Entries on main menu bar (below the logo)
- 3) Click on Cross Country
- 4) Select your meet
- 5) Create an account. Click the “continue sign-up” button on the login page.  
- Please note if you had an account last year you will need to re-register again!
- 6) Create your rosters. Click the male/female roster icons under the “Your Rosters” heading. After you’ve entered your athletes, click “save changes”. Then click the “return to main page” link.
- 7) Sign up for meets. Click the male/female icons to the left of the meets you will be attending. After you’ve selected which athletes will be attending a meet, click “save changes”.

The deadline for entry is October 11 at 8:00 PM.

**Make sure that junior high, JV, and Varsity entrants are all included.**

**CONCESSIONS:** There will be a concession stand located near the clubhouse.  
There will also be free water and snacks for participants after each race that will be given out by New Hampton Cross-Country Parents.

**AWARDS/  
RESULTS:** Medals will be awarded to the top fifteen runners in the varsity races and a plaque will be awarded to the winning teams.  
Certificates will be awarded to the top ten runners in the junior varsity, and junior high races.

Results will be available shortly after the conclusion of the last race.  
We will announce team and individual results near the clubhouse area.

If you have any questions, please call the high school at 641-394-5065.  
We look forward to seeing you on Tuesday, October 13, 2015.

Jamie Quass  
Jennifer Gilbert  
Jordan Richards  
Kelly O’Donnell

Head Boys & Girls Cross Country Coach  
Assistant Boys & Girls Cross Country Coach  
Volunteer Assistant  
Activities Director