



**Iowa Girls High School Athletic Union**  
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**Iowa High School Athletic Association**  
PO Box 10 - Boone, Iowa 50036 - (515) 432-2011



October 24, 2019

TO: Athletic Directors  
Cross Country Coaches

SUBJECT: State Cross Country Information

Congratulations to your team and/or individuals on qualifying for the 2019 Cross Country State Championships. The Meet will be held at the Lakeside Municipal Golf Course in Fort Dodge on Saturday, November 2. The course is located north of Fort Dodge on Highway P56 (formerly 413; an extension of 15<sup>th</sup> street), approximately two miles north of the Fort Dodge Airport and Harlan Rogers Park.

**PARKING PASS:** Parking permits will be mailed to your school. Teams will be sent either one or two parking passes depending on whether a team or individual(s) qualify for the meet. The maximum number of passes a school will be sent is four (boys team and girls team both qualify). A parking permit will be mailed from both the Boys Association to the schools with qualifiers. The parking permit can only be used in the park. As shared in earlier correspondence, a school wanting to bring a bus to the meet will be required to use two parking passes to park that bus. Allow plenty of time for your competitors to arrive and properly warm-up.

**SPECTATOR PARKING AND ADMISSION:** Spectators will be charged \$10 to attend the state cross country meet. Spectators will be shuttled from four locations in and around Fort Dodge: Harlan Rogers Sports Complex, Fort Dodge Middle School, Fort Dodge High School, and Rosedale Rapids. Spectators will pay the admission charge and be wristbanded prior to boarding any of the shuttle buses. Spectators should give themselves 60-90 minutes to be transported and to arrive at Kennedy Park. Buses will run from 8:00 am to 4:30 pm on the day of the meet.

**GENERAL INFORMATION:** All necessary meet information will be posted on the IHSAA and IGHSAA websites. Starting grids and participant information will be on the websites by the time this letter is received. Please find below some pre-meet information.

**MEET SCHEDULE:**

11:00 a.m.	Girls' 4A	1:20 p.m.	Awards Ceremony 3A
11:30 a.m.	Boys' 4A	1:30 p.m.	Boys' 2A
12:00 p.m.	Girls' 3A	2:00 p.m.	Girls' 1A
12:20 p.m.	Awards Ceremony 4A	2:20 p.m.	Awards Ceremony 2A
12:30 p.m.	Boys' 3A	2:30 p.m.	Boys' 1A
1:00 p.m.	Girls' 2A	3:00 p.m.	Awards Ceremony 1A

**PACKET PICKUP:** Upon arriving at the site, each school will have a packet to pick up at the south side of the club house under the deck. In this packet you will find numbers, (with the timing chip attached to the back of each number), starting grid positions, pins, and map of the course. **NUMBERS MUST BE WORN ON THE FRONT OF YOUR SHIRT AND PINNED ON ALL FOUR (4) CORNERS.** All team substitutions must be reported to the clubhouse prior to the start of the race. **Reminder, we will run 7 and score 5 in all classes using displacement scoring.**

**RESULTS:** Results for each class will be posted on the east side of the clubhouse as well as the video boards around the course. We remind you that the results, as posted, are **unofficial**. Once a specific class results are posted, schools have 30 minutes to notify the meet referee of any scoring/placing discrepancies. After results are posted a complete set of results may be picked up at the northwest side of the clubhouse. Girls' coaches must also pick up their plaques at this time.

**COURSE:** Please caution your athletes that they must follow the course. The course will be well marked and should be easy to follow. Inspectors will be stationed along the course. **ANY CONTESTANT IN THE STATE MEET WHO APPEARS ON FRIDAY TO WALK OR RUN THE COURSE WILL BE DISQUALIFIED.**


**START:** The Clerk will organize the start immediately **behind** the starting line. Coaches and managers may be with runners on the upper level of the starting area. Spectators should station themselves **SOUTH** of the start.

**AWARDS:** The Awards will be presented in this order: Immediately following the conclusion of the Girls' 3A race the 4A Girls' and Boys' Awards will be presented on the south side of the clubhouse. Next the 3A awards will be presented following the 2A Girls' race, and the 2A awards will be presented following the 1A Girls' race, and the 1A awards will be presented following the 1A Boys' race. **Only the 7 athletes that participated on a top three team will be allowed on the deck along with the head and assistant coaches. All team and individual winners for the appropriate class should report to an IHSAA/IGHSAU representative at the north door of the clubhouse mid-way through the girls' race of the next class.** Also, we will medal the top 15 individuals in each race.

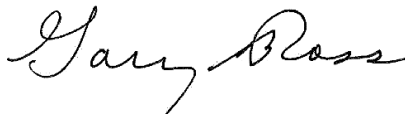
**CLUBHOUSE:** Again this year we will be using the clubhouse for compiling results. The clubhouse will be closed to everyone except meet management, officials and media. Coaches with questions or concerns regarding results may come into the clubhouse to discuss concerns with Boys' Association or Girls' Union staff.

**TRAINERS:** Trinity Regional Medical Center has discontinued its athletic training program; however, we have hired the same trainers that have been at the state cross country meet in the past. A letter from the trainers will be posted online and in your team packet. Electricity will not be provided for coaches and athletes wanting to rehab prior to their race.

The Meet Director is Kevin Astor, Athletic Director, Fort Dodge High School, (515) 408-5666 (cell); (515) 574-5754 (school). Dressing room facilities are not available at the site. Any teams wishing to shower after the meet should make arrangements with Kevin Astor prior to the day of the meet.



Jared Chizek  
Assistant Director



Gary Ross  
Associate Director