



Congratulations to you and your runners for qualifying for the 2023 State Cross Country meet in Fort Dodge.

The certified athletic trainers working the state meet will be available at the medical tent located at the finish line one hour prior to the first race for pre-event taping and other needs. Please provide your own taping supplies for any athletes who require taping. If your athlete(s) use any form of specialty tape like "KT Tape" please note that this tape is not provided by the athletic trainers. Please bring a picture or description of how they use the k-tape and we will do our best to apply the tape provided in a similar manner to what your athlete is accustomed to. During the race an athletic trainer will be located at the finish and one will be following the last runner of each race. Please contact the nearest race official to radio an athletic trainer for emergency needs while on the course. EMTs will also be available on site. We also ask that coaches or athletes report any runners who do not complete the race to the nearest race official so that we are not looking for them on the course.

All parents, coaches, and spectators are asked to stay out of the finish line area unless asked to come in by staff. This helps us to eliminate congestion at the finish line. We will be limiting the number of people in the medical tent and we ask that only 2 adults accompany an athlete into the tent. All other team and family members are asked to wait outside of the fenced area.

As a reminder, please encourage proper nutrition and hydration to your athletes, even if we have cold weather. Make sure they eat a meal that they commonly eat on race day approximately 3-5 hours before the start of competition. Water and Gatorade will be provided outside of the fenced in finish line area for meet participants. We also encourage teams to have water available at your team camp.

Feel free to contact me with questions or concerns. If you have an athlete with specific needs please contact me before arriving in Fort Dodge to ensure we can provide proper care. We also ask to be notified of medical conditions such as seizure disorders before the race. We wish you the best of luck and we look forward to hosting another great meet!

Sincerely,

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