



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 19, 2022

TO: Athletic Directors
Cross Country Coaches

SUBJECT: State Cross Country Information

Congratulations to your team and/or individuals on qualifying for the 2022 Cross Country State Championships. The Meet will be held at the Lakeside Municipal Golf Course in Fort Dodge on Friday, October 28 and Saturday, October 29. The course is located north of Fort Dodge on Highway P56 (formerly 413; an extension of 15th street), approximately two miles north of the Fort Dodge Airport and Harlan Rogers Park.

GENERAL INFORMATION: All necessary meet information will be posted on the IHSAA and IGHSAU websites. Starting grids and participant information will be posted once all information is collected after the state qualifying meet. Please find below some pre-meet information.

MEET SCHEDULE:

Friday, October 28

10:30 a.m. Girls' 1A
11:15 a.m. Boys' 1A
11:17 a.m. Wheelchair
12:00 p.m. 1A Awards Ceremony
2:00 p.m. Girls' 2A
2:45 p.m. Boys' 2A
3:30 p.m. 2A Awards Ceremony

Saturday, October 29

10:30 a.m. Girls' 3A
11:15 a.m. Boys' 3A
12:00 p.m. 3A Awards Ceremony
2:00 p.m. Girls' 4A
2:45 p.m. Boys' 4A
3:30 p.m. 4A Awards Ceremony

TEAM AND SPECTATOR PARKING AND ADMISSION: Teams and spectators will be allowed to park inside Kennedy Park at no charge. All spectators will need a ticket for admission into the state meet. Tickets will go on sale Monday, October 24 through the IGHSAU digital ticketing partner, Bound. Tickets are \$10 plus processing fees. Ticket links and instructions will be posted Monday. There will be no cash on site sales. Patrons without web capabilities are encouraged to work through their local school to purchase tickets prior to arriving in Fort Dodge. Each qualifying team will be sent 12 wristbands to admit the team's participating athletes, coaches, managers and alternates, while schools qualifying an individual(s) but not a team will be provided wristbands for the qualifier(s), plus three additional complimentary admissions for coaches and managers. School administrators may use their administrator passes to gain complementary admission for themselves and one guest.

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. Girls coaches can also pick up their bag tags and medallions at this time. **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 packet pickup area 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 on the video board on 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 media tent.

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 PRIOR TO THEIR RACE DAY 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: 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 at the conclusion of the boys race. Also, we will medal the top 15 individuals in each race.

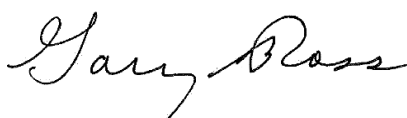
CLUBHOUSE: Again this year we will be using the clubhouse for compiling results. The clubhouse will be closed to everyone except meet management. Coaches with questions or concerns regarding results may come into the clubhouse to discuss concerns with Boys' Association or Girls' Union staff.

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 Josh Porter, Athletic Director, Fort Dodge High School, (515) 571-4090 (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 Josh Porter prior to the day of the meet.



Andy Umthun
IHSAA Assistant Director



Gary Ross
IGHSAU Associate Director