



WARRIOR ATHLETICS

*Cedar Rapids Washington High School
2205 Forest Drive SE
Cedar Rapids, Iowa 52403*

MVC CROSS COUNTRY SUPERMEET
Thursday, October 4, 2018
at NOELRIDGE PARK (Cedar Rapids)

TO: MVC Men's & Women's Cross-Country Coaches & Athletic Directors

FROM: Grant Schultz, Washington Athletic Director
Willis Harte, Washington Men's Cross-Country Coach
Lisa Nicol, Washington Women's Cross-Country Coach

RE: 2018 MVC Supermeet Information

Washington High School is pleased to host this year's MVC Men's and Women's Cross Country Supermeet. It will take place at [Noelridge Park](#) (in the Northeast Quadrant of Cedar Rapids) on Thursday, October 4, 2018.

TIME SCHEDULE:

3:30	9/10 Girls (Unlimited entries)
4:00	9/10 Boys (Unlimited entries)
4:30	V Girls (Run 10)
4:55	V Boys (Run 10)
5:20	JV Girls (Unlimited entries)
5:50	JV Boys (Unlimited entries)
6:30	Awards Presentation

SCORING: Varsity Women and Varsity Men - Each team may enter ten, count seven, and score five. Sophomore Women, Sophomore Men, JV Women and JV Men – Unlimited entries, score five for team scoring.

COURSE MAP: Enclosed. Make your own copies as needed.

ROSTERS: Please go to the site <http://www.aspimeetz.com/28320> to enter your rosters. LIST EVERY ATHLETE WHO COULD POSSIBLY RUN. Mike Johnson will be our entries & results manager. Mike can be contacted at 360-3347 or email Grant Schultz gschultz@cr.k12.ia.us if you have any problems.

Rosters are due to the site by **Tuesday, October 2, 2018 at Noon**

PROCEDURE:

1. Each school will receive a packet upon arrival at the meet site. These will be available near the finish line. In the packet, you will get a pre-assigned number for each athlete. Please check your names for spelling errors and make any corrections on the label. The packet will also contain enough safety pins to pin the number on the front of each runner's jersey. Be sure to pin the top part of the number so the bottom can easily be torn off at the perforation at the finish line. **DO NOT CRUMPLE & WRINKLE THE RODEO TAGS.** This slows down the process of getting the runners in the proper order of finish.
2. As the runners cross the finish line and enter the chute, a meet official will tear off and collect the lower portion of the number with the runner's name and school. Runners should stay upright through the shoot so that rodeo tags can be torn off.

MEET RESULTS: Each school will receive copies of final team and individual results of all races and a set will be e-mailed to the school. Washington's meet management will notify the following media outlets of the results:

Cedar Rapids Gazette	Metro Sports Report
Dubuque Telegraph Herald	Waterloo Courier
KGAN TV (Channel 2)	Iowa City Press Citizen
KCRG TV (Channel 9)	KGYM Radio (Cedar Rapids)
KWWL TV (Channel 7)	WMT Radio (Cedar Rapids)

Other media notification will be the responsibility of participating schools.

AWARDS: Individual medals will be awarded to the top 15 runners in varsity only.

PARKING: All buses should be parked in the lot near the Noelridge Swimming Pool, as indicated on the enclosed map. There will also be a large amount of parking there for spectators as well as parking near Harding Middle School. **Parking near the lagoon will be limited to meet workers.**

RESTROOMS: There are several restrooms in the park.

TRAINER: We will have a certified athletic trainer on duty at the meet.

MEET HEADQUARTERS: Meet Headquarters will be near the finish line.
Teams may pick up their result packets following the awards presentations.

RACE LENGTH: All races will be 5K in length.

STARTING BOX: All races will start with each school placing all runners in the same starting box. Starting boxes were drawn at random by the Activities Director.

CLEAN-UP: Please help to clean up the park and your team area following the meet. **The City of Cedar Rapids provides us with access to this wonderful cross-country site and we would like your help in showing our appreciation by keeping the park clean. Each team will be provided with a garbage bag to help police your area. Thank you in advance for your support and participation.**

Teams Competing (starting box assignments; left to right, facing the course):

Box 1- Linn-Mar

Box 2- CR Jefferson

Box 3- Dubuque Hempstead

Box 4- Waterloo

Box 5- IC West

Box 6- Senior

Box 7- IC Liberty

Box 8- CR Prairie

Box 9- CR Kennedy

Box 10- Cedar Falls

Box 11- CR Wash

Box 12- Western Dubuque

Box 13- IC High

Box 14- CR Xavier

Box 15- Wahlert