

2019 Denver XC Invitational

TO: Athletic Directors and Cross Country Coaches
DATE: Monday, September 23, 2019 – 4:00 p.m.
LOCATION: Willow Run Country Club, 940 E. Fayette St., Denver, IA
FACILITIES: There will be no dressing facilities available at the country club. Porta-potties will be available.

Coaches, please advise your athletes to respect the facilities. We ask that you remind your runners and to stay away from the greens, tee boxes and other playing areas, and do not place any tents on the putting greens.

The course will be painted and marked. Judges will be stationed around the course. Any athlete cutting will be disqualified. **Please note that this course will require crossing a few cement areas as noted in the circles on the map.**

If you plan on walking/running the course, please have this completed by 4:00.

BUS PARKING: Please drop your athletes off along the entrance to Willow Run Country Club. You will then be directed to park at the Cyclone Athletic Complex four blocks away. A shuttle will be available to get the drivers back to the country club if desired.

SPECTATOR PARKING: The parking lot to Willow Run Country Club has limited space. We encourage you to park along Schneider St., Longview St., Sunrise St. or Willow Run St. but not along E. Fayette St. as that is a busy road for traffic in and out of town.

PACKETS: Coaches will be asked to pick up their information packets at the Hilltoppers van near the starting area. We ask that you make any changes promptly at packet pickup.

ENTRY FEE: \$50.00 per HS team and \$100.00 for both girls and boys HS teams. \$50.00 per JH team and \$100.00 for both girls and boys JH teams. \$4.00 per person for individual entrants from incomplete teams. Please send to Denver High School in c/o Chris Krueger.

TEAMS INVITED: Denver, Dike-New Hartford, Dunkerton, Jesup, Wapsie Valley, Waterloo Columbus, Waverly-Shell Rock

SCORING: Varsity men/women – Run 7, count 5
JV men/women – unlimited entries, count 5
JH boys/girls – unlimited entries, count 5

ENTRY INFORMATION: Results will be provided by Hilltopper Results Service. Please carefully follow the enclosed/attachment. The deadline for this information is ***Tuesday, September 17th, 2019 at 10:59 p.m.***

ORDER OF EVENTS & DISTANCE:

4:00 Jr. High Girls (run any number) – 1.5 miles
4:20 Jr. High Boys (run any number) – 1.5 miles
4:40 Girls' JV (run any number/count five) – 5K
5:10 Boys' JV (run any number/count five) – 5K
5:40 Girls' Varsity (run seven/count five) – 5K
6:10 Boys' Varsity (run seven/count five) – 5K
6:45 Awards/results – Right after boys' race

CONCESSIONS: There will be a concession stand located near the clubhouse compliments of Cyclone Booster Club.

AWARDS/ RESULTS: Medals will be awarded to the top twenty runners in the varsity races and team medals will be awarded to the winning varsity teams. Ribbons will be awarded to the top fifteen 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 319-984-5639. We look forward to seeing you on Monday, September 23, 2019!

Sandy Sabelka & Chris Krueger
Head Boys & Girls Cross Country Coach & Activities Director

