



3rd Annual Mason City Mohawk Cross Country Invite

Thursday, September 26, 2019

North Iowa Area Community College Campus: Mason City, IA



To: All Middle School and High School Activities Directors, Athletic Directors, and Cross Country Coaches

From: The Mason City Community School District Athletic Department

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Meet Date, Time, and Location

The 3rd Annual Mason City Mohawk Cross Country Invite will be held on Thursday, September 26, 2019, on the North Iowa Area Community College Campus (NIACC) at 4:00pm. The address is 500 College Drive, Mason City, IA 50401.

Meet and Course Notes

Welcome to the 3rd Annual Mason City Mohawk Cross Country Invite. Mason City and NIACC are excited to offer a great cross country experience.

The cross country course on NIACC's campus has been used for the NJCAA Region XI time trials, NJCAA Region XI National Qualifier meet, is the current home of the *Top of the Iowa Conference* meet, and is now the home course of the Mason City Mohawk XC Invite.

Entering Campus and Parking

- All traffic entering NIACC's campus must use the south entrance from Highway 122/4th St. SE and turn on to College Drive. The north entrance from 12th St. NE will be closed. All team buses, meet officials, meet workers, and spectators must enter from the south.
- Please instruct bus drivers to drop off athletes at the athlete drop off site first (look for the sign and bus greeter) then park in the designated parking lot. Follow the signs.
- Team bus parking and spectator parking will be in the large parking lot across from the softball fields. Look for the signs. No parking will be allowed on College Drive.





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Participating High School Teams

Charles City B/G	Boxes 1-2
Mason City B/G	Boxes 3-4
Osage B/G	Boxes 5-6
St. Ansgar B/G	Boxes 7-8
Waverly Shell-Rock B/G	Boxes 9-10
West Hancock B/G	Boxes 11-12

Participating Middle School Teams

Charles City B/G	Boxes 1-2
Clear Lake B/G	Boxes 3-4
Mason City B/G	Boxes 5-6
Osage B/G	Boxes 7-8
St. Ansgar B/G	Boxes 9-10
Waverly Shell-Rock B/G	Boxes 11-12

Meet Schedule

4:00 MS Girls	Unlimited Entries	2 Miles
4:20 MS Boys	Unlimited Entries	2 Miles
4:40 JV Girls	Unlimited Entries, score 5	5K
5:10 JV Boys	Unlimited Entries, score 5	5K
5:40 Varsity Girls	Run 7, score 5	5K
6:10 Varsity Boys	Run 7, score 5	5K
6:45 Awards presentation (Top 10 varsity announced, and varsity team champs announced)		
7:05 Results/Awards available at the packet pick-up/awards table		

Entry Fees

High School

- \$40.00 for each HS team (includes JV and varsity)
- \$80.00 total for HS boys and girls teams
- \$5.00 per individual (maximum of \$40.00)

Middle School

- \$40.00 per middle school (includes boys and girls teams)
- \$5.00 per individual (maximum of \$40.00)





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Awards

- The top 20 individual finishers in the varsity races will receive medals.
- The top 15 individual finishers in the JV races will receive medals.
- The 1st and 2nd place varsity teams will each receive 7 team medals.
- All middle school finishers will receive a ribbon after crossing the finish line.

Awards Ceremony

An awards ceremony will follow the final race at approximately 6:45pm. The top 10 medalists in each of the varsity races and the winning varsity teams will be announced.

Race Packet Pick-Up and Results Pick-Up

All schools/teams will pick up their race packets upon arrival. Each race packet will include: an entry roster, bibs (chip timing), pins, a garbage bag, a meet invite letter, and course maps. Middle school results can be picked up shortly after both middle school races. The high school results packets with awards can be picked up shortly after the final high school race.

Restrooms

Portable toilets will be available near the start line and in various places throughout the course/campus. The recreation center on NIACC's campus will also be available.

Meet Entries and Timing

Meet timing and results will be provided by *Wayzata Results*. **If you have any entry questions or issues please email: tfentries@wayzataresults.com.**

1. Go to wayzataresults.com -> find your meet, click on "Entry Link" (this will take you directly to the athletic.net page for your meet). There is also an "Entry Instruction" link that can help you as well.
2. Sign up for a free coach account (if you do not have one) Go to the website: www.athletic.net Click on 'Log In' in the upper right hand corner, and then click 'Sign Up' on the bottom of that screen. Complete the signup wizard After receiving the confirmation email, go on to step #3 To find your team: Use the search bar at the top of the page and search for your team. Click your team name. Then below your team name you should see, "Are you a Coach for this team? REQUEST ADDITION to this team". If you are still having issues please email: tfentries@wayzataresults.com, with what team you are coaching.
3. Add meets to your season calendar Log In to Athletic.net click on the invite list that is on your team home page - click accept. If it's not there use the "Add A Meet" link at the top of your 2019 Season Calendar. Use the search menu at the top right to search for the meet you want to enter or click a date on the calendar to find the correct meet. Once you click on the correct meet, click "Add to Calendar" - the meet will now be on your calendar and you should be able to enter your roster into the meet.



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Meet Entries and Timing (Cont.)

4. Enter team roster Navigate to your team page by opening the side menu, then click on your team. Click on Manage Team Click on Edit Roster under Athletes Add athletes to the roster manually, or upload your roster using the "Upload Athlete Roster" option.
5. Register athletes for the meet Locate the meet you which to register for on your team's main Cross Country page and click on it Click "Register Athletes" Follow instructions on the meet registration page to enter your athletes into the appropriate division(s). Use the "Add an athlete" buttons to add athletes to your roster if needed. For our meets it does NOT matter which "race" or "division" you put an athlete into, we just need any athlete who may compete to be put into a race. You do not need to inform the timer, host or anyone if someone is switching from one race to the next. Our system doesn't look for that. All we are doing is gathering what athletes are in the meet.

Bib Chips

We are using chip timing with the chip reader built into the bib number. Please remind your athletes not to crumple or rip their bib as it can damage the chip on the bib number. Also, remind your athletes to avoid approaching the finish line mat during races other than their own as their bib chip may register them as a finisher in another race. The bib chips do not need to be returned after the races, however, any unused bib chips that are returned to *Wayzata Results* will result in a credit to the host school. We thank you in advance for helping us with this.

Miscellaneous Information

- All team camps are to be set-up in the outfield of NIACC's softball field. Look for the sign.
- A certified trainer will be available.
- No concession stand.
- A hospitality table will be available for all athletes at the conclusion of their race.
- Remind your athletes to practice good manners/etiquette in regards to the care of the course and other's property. We are all guests of the NIACC campus and would like to continue using it as our meet site.
- Course marshals and monitors will be stationed throughout the course for the entire meet.
- Thank you for attending the 3rd Annual Mason City Mohawk XC Invite.
- The 4th Annual Mason City Mohawk XC Invite will be held on Tuesday, September 22, 2020.

Please contact Tyler Ketelsen or Barry Andersen with any questions. See you on the 26th!

Tyler Ketelsen
Head Boys & Girls XC Coach
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