



## CEDAR FALLS HIGH SCHOOL

Tenth and Division Streets  
Cedar Falls, Iowa

**TO:** Cross Country Coaches/Athletic Directors

**FROM:** Steve MacTaggart, Meet Results – RICH ENGEL CLASSIC  
Troy Becker – Athletic Director – Cedar Falls High School

**WHAT:** RICH ENGEL CLASSIC CROSS COUNTRY MEET  
**THURSDAY, SEPTEMBER 13, 2018**

**WHERE:** Birdsall Park – west of high school on West 12<sup>th</sup> St. Cedar Falls, IA

**ENTRY FEE:** Boy's Team - \$65.00 Girl's Team - \$65.00  
Junior high teams - \$25 each (boy's or girl's)

**ENTRIES:** Results will be provided by Hilltopper Results Service. Entries will be done on-line at: [www.theendresultco.com/xc](http://www.theendresultco.com/xc) The deadline for this information is **Friday, September 7, 2018 @ 10:59 p.m.** Instructions for submitting entries are attached.

**\*\*\* NOTE:** Course allows for next race to start while previous race is finishing with slower runners. In order to be done before dark we will stay right on the schedule below. Our timer will only put athletes in the results that finish within 35 minutes. Coaches will be responsible for times of athletes slower than 35 minutes.

STARTING TIME	RACE	DISTANCE
4:00 P.M.	MIDDLE SCHOOL RUN (GIRLS)	2 MILES
4:15 P.M.	MIDDLE SCHOOL RUN (Boys)	2 MILES
4:30 P.M.	FRESHMEN/SOPHOMORE WOMEN (UNLIMITED)	5K
4:55 P.M.	FRESHMAN/SOPHOMORE MEN (UNLIMITED)	5K
5:20 P.M.	JUNIOR VARSITY WOMEN (UNLIMITED)	5K
5:45 P.M.	JUNIOR VARSITY MEN (UNLIMITED)	5K
6:10 P.M.	VARSITY WOMEN ( <b>CAN RUN 10 COUNT 5</b> )	5K
6:35 P.M.	VARSITY MEN ( <b>CAN RUN 10 COUNT 5</b> )	5K
7:10 P.M.	AWARDS PRESENTATIONS	
7:25 P.M.	RESULTS AVAILABLE	

**Course Records: (Current Course)** 5K Men - Sam Schillinger (CF) 15:55\*  
5K Women – McKayla Cole (CC) 19:25\*  
**(Old Course)** 5K Men - Jordan Anderson (MC) 15:33 (2005)  
5K Women - Brina Kraft (Muscatine) 19:22 (2015)

\*Time adjusted for course change

**AWARDS:** Awards will be given to Junior High participants as they finish.

Junior High Medals to top 10 with ribbons through 20<sup>th</sup> place.

MEDALS - Top 20 - Varsity Men's and Women's

RIBBONS - Top 20 - Jr. Varsity Men's and Women's  
- Top 10 - Fresh/Soph Men's and Women's

TEAM MEDALS - Top 3 teams - Varsity Men's & Women's

\*\*\*\*\*AWARDS CEREMONY AT 7:10 P.M. at shelter\*\*\*\*\*  
(refer to map for location of awards ceremony)

**SCORING:** - Varsity Men's and Women's:  
**Run 10, count 5**

- Jr. Varsity Men's and Women's:  
Unlimited entries, count 5

- Fresh/Soph Men's and Women's:  
Unlimited entries, count 5

**RESULTS:** Results will be available in the area of the awards ceremony a short time after the awards ceremony, app. 7:25 p.m.

**PARKING:** refer to course map!

Lot A - for team vehicles,(buses, vans & cars)

Lot B - for spectators and officials

Parking is also available along 12<sup>th</sup> street and the street coming into Birdsall Park

**PACKET PICK-UP:** Coaches can pick up meet packets at the shelter on the north side of the lake.

**RECYCLE:** Coaches, please recycle unused runner numbers, safety pins and team packets at the Hilltoppers Van at the conclusion of the meet. See team packet for details.

**CONCESSIONS:** Limited concessions will be available at the athlete's food tent near the finish line area.

**RESTROOMS:** Restrooms are available on the course and at the softball complex.

**COACHES HOSPITALITY:** A coaches hospitality area will be available in the shelter where packet pick-up is located.

**RUNNERS HOSPITALITY:** A runner hospitality area, with fruits, cookies and bars will be provided near the finish area for all competing athletes.

**TRAINER:** A Certified Athletic Trainer and Staff will be on hand.

**JUNIOR HIGH TEAMS:** Aplington Parkersburg, CF, Decorah, Dike/New Hartford, Independence, Saint Pats, Waterloo, Vinton-Shellsburg, Waverly-Shell Rock

**HIGH SCHOOL TEAMS:** Anamosa, Ankeny, Aplington Parkersburg, Cedar Falls, CR Jefferson, CR Kennedy, CR Washington, Charles City, Decorah, Dike/New Hartford, Dubuque Hempstead, Dubuque Senior, Dubuque Wahlert, Hudson, Mason City, Vinton-Shellsburg, Urbandale, W'loo East, W'loo West , Waverly-Shell Rock, Western Dubuque, Xavier

**MISCELLANEOUS:** Runners will be given a number to wear on the front of their shirts during the race. As the runners come through the finish chute, the tear away portion with their name, school and number will be removed from the bottom of their number for results tabulation. Please be careful to not pin this tear away portion of your number to your shirt, which would make it difficult to remove in the chute at the conclusion of the race. Each runner will also be handed a card with their overall place to return to the instant scoreboard at the end of the chute.

If you have any questions in regards to the meet, please contact Troy Becker at (319) 553-2573. For questions regarding entries, please contact Steve MacTaggart at H: (319) 277-6882, W: (319) 268-5210.

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