DUBUQUE SENIOR HIGH SCHOOL

ATHLETIC DEPARTMENT

Brent Cook, AD: 563-552-5522 bcook@dbqschools.org

Beth Woodward, Athletics Secretary: 563-552-5521 bwoodward@dbqschools.org

Gary Wittman, Men’s CC Coach gwittman@dbqschools.org

Louis Fischer, Women’s CC Coach: lfischer@dbqschools.org

2016 Mississippi Valley Conference—VALLEY DIVISION

Cross Country Championships

Hosted by Dubuque Senior H.S.

Thursday—October 13, 2016

**Location:** Dubuque Soccer Complex

**Schools:** **Cedar Falls, City High, Hempstead, Kennedy, Prairie, Washington, Dubuque Senior**

**Concessions:** Sandwiches, pop, candy available at the concession stand.

**Race Length:** All Men’s and Women’s races will be at 5000m.

**Order of Events:**

 3:30 pm Freshman/Sophomore Women Unlimited entries, count 5

 4:00 pm Freshman/Sophomore Men Unlimited entries, count 5

 4:30 pm Junior Varsity Women Unlimited entries, count 5

 5:00 pm Junior Varsity Men Unlimited entries, count 5

 5:30 pm Varsity Women Enter 10, count 5

 6:00 pm Varsity Men Enter 10, count 5

 Race times are tentative and races may start ahead of schedule. Order of events and the possibility of combining races (Fresh/Soph & JV) due to weather conditions will be considered if necessary.

**Maps**: Course maps of an aerial view have been provided by IIW as a PDF. If you have not done so already, please save an electronic version for future meets held at the Soccer Complex.