

2020 City High Women's XC

Updated Meet Schedule

Last updated 10/1/20 at 11:30 am

Date	Meet	Location	Time	Who competes?	Safety Guidelines from host
8/10	Official practice begins	City High School			
8/26 Wed.	Time Trials	Iowa City, IA (City High track)	8:00 am	All (approx. 45 runners)	Time Trials Covid Guidelines and Meet Info <i>No spectators allowed</i>
9/1 Tue	Hillcrest Academy Early Bird	Kalona, IA (Hillcrest Academy School)	JV - 5:00 pm Var - 6:00 pm	All (approx. 40 runners)	Hillcrest Academy - Safety Answers
9/5 Sat	Epic Race of the Ages	Iowa City, IA (Kickers Soccer Complex)	TBD	All (approx. 40 runners)	
10/1 Thurs	Bud Williams Invitational	Iowa City, IA (Kickers Soccer Complex)	F/S 3:30 pm JV 4:00 pm Var 4:30 pm	All (limited entries for visiting teams)	All spectators masked
10/5 Mon	Hillcrest Academy Invitational	Kalona, IA (Hillcrest Academy School)	JV - 4:30 pm Var - 5:40 pm	All	All spectators masked
10/10 Sat	Linn-Mar Quad Linn-Mar, Hempstead, Xavier, City High	Marion, IA (Lowe Park)	F/S: 8:30 am JV: 9:30 am Var: 10:30 am	All	
10/15 Thur	MVC Divisional Championships	Cedar Falls, IA (Birdsall Park)	F/S: 3:30 pm JV: 3:55 pm Var: 4:20 pm	All	All spectators masked (this is part of our conference guidelines)
10/21 Wed	District Championships	TBD	TBD	7 Varsity + alternates	
10/30 Fri	State XC Championships	Fort Dodge, IA (Lakeside Golf Course)	10:30 am	7 Varsity + alternates	

Time Trial is 2 miles

Season races are 5 kilometers

Regular Season Competitions

Championship Competitions

MVC Divisions

Mississippi Division

City High
Cedar Falls
IC Liberty
Wahlert Catholic
CR Washington
CR Prairie
Western Dubuque
Linn-Mar

Valley Division

Dubuque Senior
Dubuque Hempstead
CR Xavier
IC West
CR Jefferson
Waterloo East
Waterloo West
CR Kennedy