

GLENWOOD RAMS

HIGH SCHOOL ACTIVITIES DEPARTMENT



JEFF BISSEN

Glenwood High School Activities Director
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To: Activities Director and Cross Country Coaches

Date: October 19th, 2022

Subject: State Qualifying Cross Country Meet

Welcome to Glenwood for the State Qualifying Cross Country Meet, which will be held Wednesday, October 19th at the **Glenwood Lake Park**. Please review the following information and call Jeff Bissen at 712-527-8661 with questions.

Entries: We will be using an on-line entry system with Black Squirrel Timing doing the timing. This year's entries will be entered via the Bound platform. Go to www.gobound.com/ia/

Final declarations are due by Monday October 17 at 10:00am

Location: Glenwood Lake Park (100 Lake Drive Glenwood, Iowa)

Directions coming off I-29 South: Go East from I-29 on U.S. Highway 34. Take the Glenwood Exit off of Highway 34 and go north into Glenwood. This road becomes Locust Street. Continue on Locust to the stop light. Turn east on Sharp Street and go thru the business district. Continue east on Sharp Street until you come to the Park. Turn into the park and continue along the road on the west side of the lake to the entrance for handicapped. See map for more details.

Teams: **ADM, Atlantic, Clarke Osceola, Creston, Denison Schleswig, Glenwood, Harlan Community, Kuemper Catholic- Carroll, Lewis Central, Perry, Saydel, Sergeant Bluff-Luton**

Time Schedule:	4:00pm	Varsity Girls (5k)
	4:30	Varsity Boys (5k)
	5:00	Awards & Results in Amphitheatre

GO RAMS!

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Start: Race will start with each school in the following chute

Girls' Chute

***Assigned by random draw**

- #1 SBL
- #2 Glenwood
- #3 Denison Schleswig
- #4 ADM
- #5 Atlantic
- #6 Perry
- #7 Lewis Central
- #8 Harlan
- #9 Kuemper Catholic, Carroll
- #10 Saydel
- #11 Clarke, Osceola
- #12 Creston

Boys' Chute

- #1 Clarke, Osceola
- #2 Creston
- #3 Glenwood
- #4 Denison Schleswig
- #5 Harlan
- #6 Saydel
- #7 Atlantic
- #8 Kuemper Catholic, Carroll
- #9 SBL
- #10 Perry
- #11 ADM, Adel
- #12 Lewis Central

Scoring: Varsity Boys and Girls – Run 7 score 5

Live Results: Go to www.blacksquirreltiming.com then click on the name of the meet in the Live Results Section, this will be updated daily with that days meets.

Athletic Training Services: Athletic Training Services provided by Jennie Edmundson Sports Medicine Team, Dr. Mike Kenkel & Glenwood Fire & Rescue personnel.

Parking: There will be a \$5 admission fee per car. Parking passes can be bought online here: <https://www.gobound.com/ia/schools/glenwood/tickets>. We will scan the QR Code or take exact change in order to keep you moving.

Starter: Mike Hale

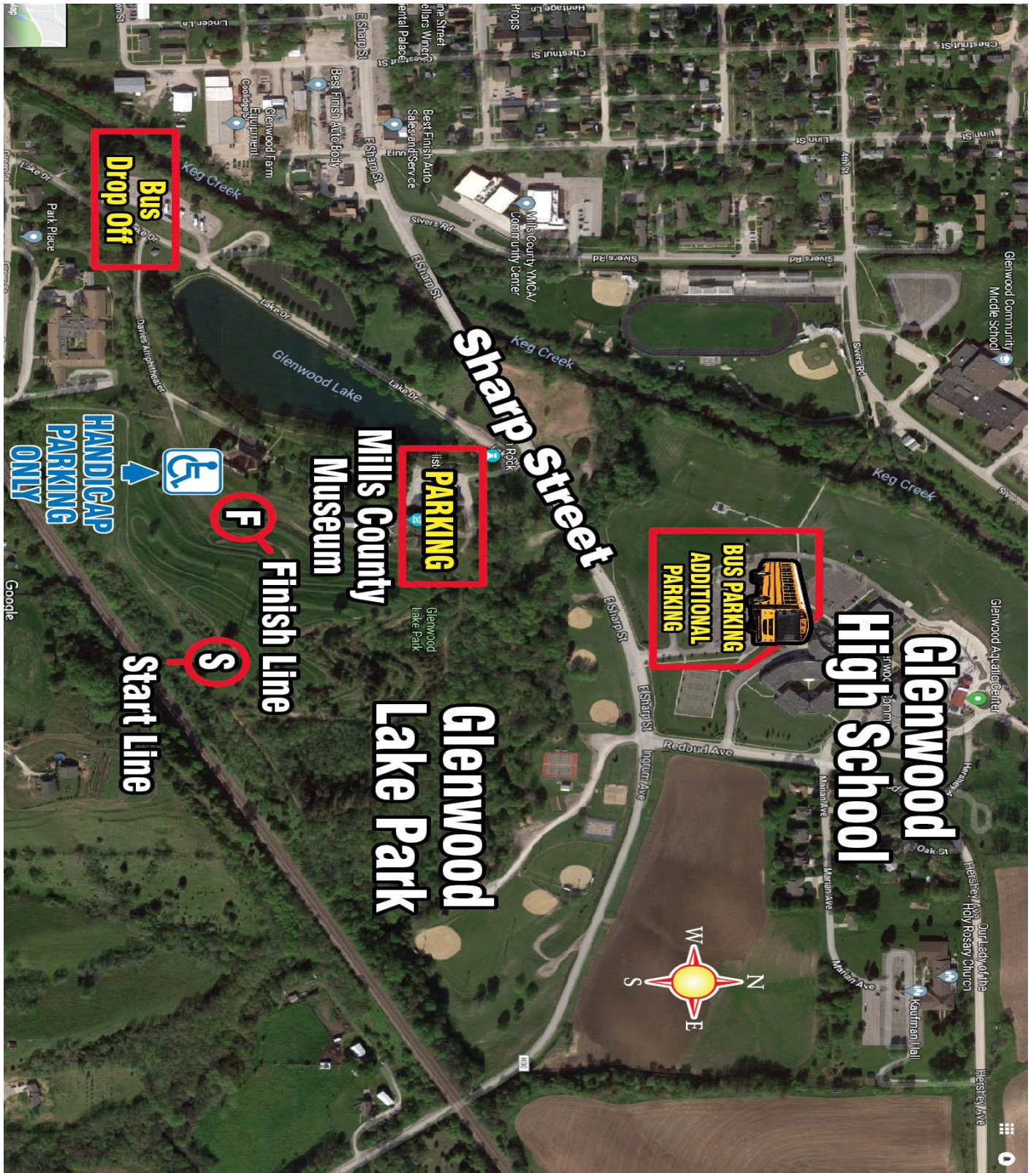
Special Info:

- Course Maps will be provided in coach's packet upon arrival
- Port-a-pots will be available as well as park restrooms
- Concessions provided by Glenwood Booster Club
- Coaches can pick up packets at finish line
- Results will be emailed out as soon as possible following the meet

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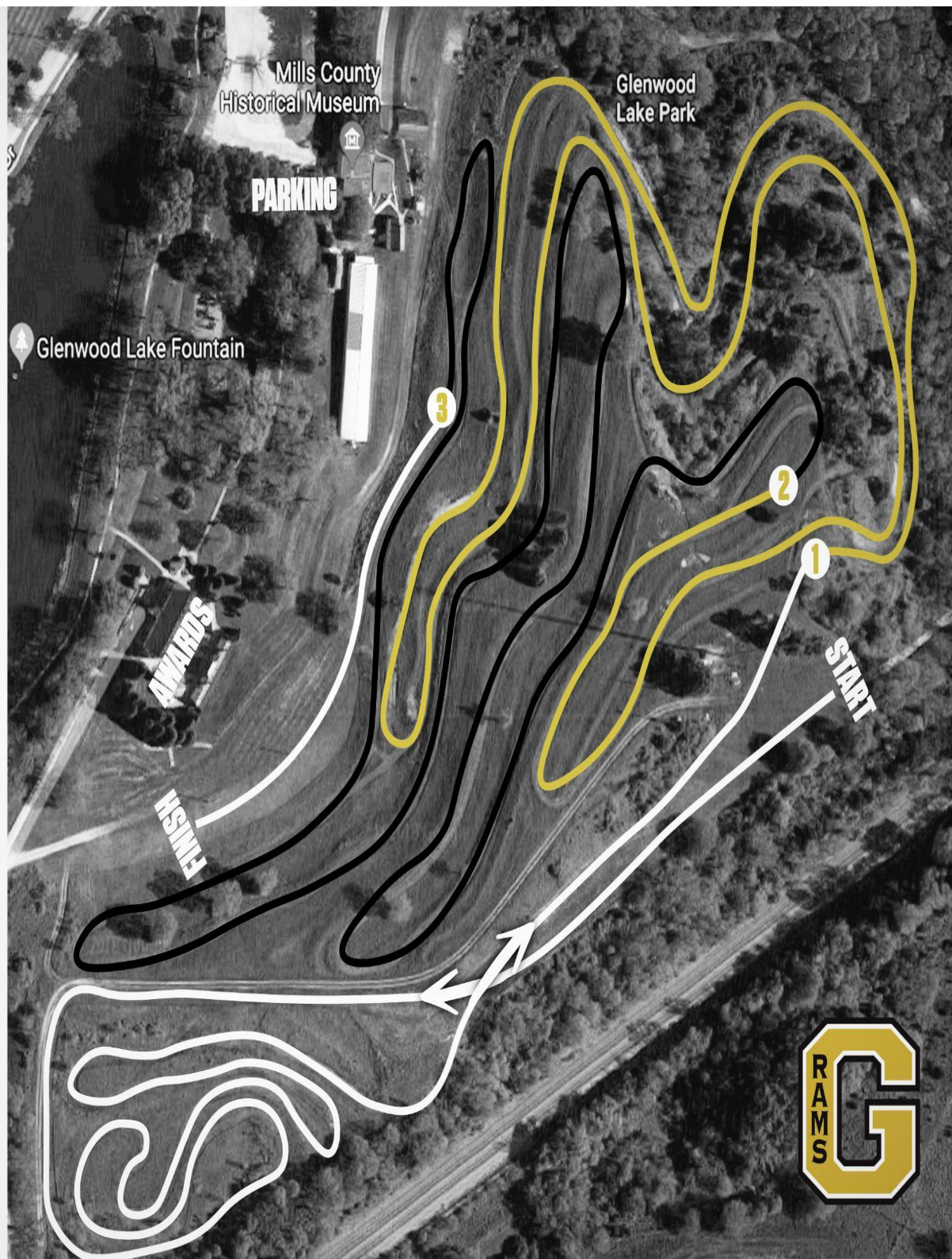
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HIGH SCHOOL XC COURSE **GLENWOOD LAKE PARK**



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