



2022 Heartland Cross Country Classic September 17, 2022

- When:** Saturday, September 17, 2022
- Location:** Central College Cross Country Course Pella, Iowa
- Race Times:**
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| 9 a.m. | 9-10 RACE-Girls (grades 9-10 only) |
| 9:35 a.m. | 9-10 RACE-Boys (grades 9-10 only) |
| 10:10 a.m. | JV Girls (all grades) |
| 10:45 a.m. | JV Boys (all grades) |
| 11:20 p.m. | Varsity Girls (<u>seven entrants per team</u>) |
| 11:50 p.m. | Varsity Boys (<u>seven entrants per team</u>) |
| 12:15 p.m. | Awards Ceremony |
- (Changes could be made to the race schedule depending on weather and the number of entries)
- Race Distance:** 5000 meters
- Timing:** Chip timing will be used.
- Awards:**
- | | |
|-----------|--|
| Trophies: | First, second and third-place varsity teams |
| | Plaque for JV team champions |
| | No plaque for the 9-10 races |
| Medals: | Varsity – Top 25 JV – Top 10 9-10 race –Top 10 |
- Team Entries:**
- VARSAITY: Limited to seven entrants.
JV RACE: Unlimited entries. Includes all grades.
9-10 RACE: Unlimited entries. Grades 9-10 only.
****Iowa High School Rules apply to this meet. Only high school runners may participate. No middle school/junior high runners.**

Team/Individual entry instructions will be provided at a later date.

Entry deadline is at 5 p.m. CDT, Wednesday, Sept. 14.

Entry Fees:

Team Entry Fees

\$200 per team per gender

Individual Entry Fees

Schools with fewer than five runners may enter those runners as individuals. No unattached runners. Individuals must be on the high school's official team roster and the Heartland Classic must be on the team's schedule.

\$40 per Individual Runner

Register:

NEW THIS YEAR!! You must register your team online [HERE](#) .

Payment:

OPTION 1: Pay your Team/Individual Entries online [HERE](#).

OPTION 2: You may also pay by check. Please make checks payable to 'Central College' and send to:

Joe Dunham
Athletics Department
Central College
812 University
Pella, IA 50219

Results:

Results will be posted online on the Central athletics website at athletics.central.edu

Course Maps:

<https://athletics.central.edu/facilities/cross-country-course/4>

Tickets:

Course attendants will be at all course entrances, directing spectators to the main gate at the De Jong Garden Center. A ticket must be purchased by all spectators. **Advance tickets will be available for purchase through the Central College website at a later date.**

Athletic Training:

The athletic training staff will provide water at the finish line. However, **water will not be provided before the competition.**

- Please bring your own athletic trainers and supplies
- Please bring your own water and water bottles
- Ambulance will be on site
- Please do not enter student-athletes who are not at a fitness level to handle the weather conditions.

MEET INFORMATION: All updated meet information can be found at:

<https://athletics.central.edu/sports/2019/1/8/high-school-meet-information-cross-country.aspx>

TWITTER: Please follow @DUTCHXCTF for all updates leading up to and during the event.

CONCESSIONS: Available at the meet.

T-SHIRTS: Available for purchase at the meet.

CONTACTS: Joe Dunham Head Cross Country Coach 641-628-7603
dunhamj@central.edu

PARKING:

Heartland Classic Cross Country Meet parking information Saturday September 17, 2022

**No parking available on the Central College campus or at the De Jong Greenhouse!
There will not be carts to help carry team tents, so please come prepared to carry your own tents.**

Team Parking.

Please instruct drivers to turn SOUTH off of Washington Street onto 10th Ave. West. All team vans, mini-buses, school buses and charter buses will drop off athletes, coaches and team personnel at the drop-off point at the entrance to De Jong Greenhouse (1807 Fifield Road), about 200 meters from the course entry. Please do not pull into the De Jong Nursery parking lot.

After drop-off all team vehicles will be directed to off-site parking.

Spectator Parking.

FROM THE WEST: Spectators will park in the grass lot between Fifield Road and Washington Street. Spectators coming from the west should enter this lot directly from Washington Street, a half-mile east of 10th street (south of the Burger King. Follow the signs.)

FROM THE EAST: Spectators coming from the east should turn left onto Fifield and enter the grassy lot from the south.

There is no fee for parking in this lot. If it is a wet day this lot will not be available, and spectators are asked to park on the roads/streets near the course at their own risk. The Walmart parking lot is also available, but spectators must cross Washington Street.

Please instruct fans and parents to avoid the team drop-off at De Jong's Garden Center.

NO PARKING PERMITTED ON THE CENTRAL COLLEGE CAMPUS!

