

## 2023 City High Women's XC Schedule

Date	Meet	Location	Time	Who competes?
8/7/23 Monday	First Official Practice	City High School	8:00 AM	
8/19/23 Saturday	Time Trial *2 miles*	Ashton XC Course Iowa City, IA	9:00 AM	Fresh/Soph, JV, Varsity
8/29/23 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	5:00 PM	Fresh/Soph, JV, Varsity
9/2/23 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/9/23 Saturday	Luther All-American	Luther College XC Course Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/16/23 Saturday	Heartland Classic	Central College XC Course Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/21/23 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
9/28/23 Thursday	Bud Williams Invitational	Ashton XC Course Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/5/23 Thursday	MVC Super Meet	Birdsall Park Cedar Falls, IA	3:15 PM	Fresh/Soph, JV, Varsity
10/12/23 Thursday	MVC Conference Championships	Seminole Valley Cedar Rapids, IA	3:30 PM	Fresh/Soph, JV, Varsity
10/18/23 Wednesday	District Championships (state qualifying meet)	TBD	4:00 PM	Varsity 7 racers + alternates
10/27/23 Friday	State Championships	Lakeside Golf Course Fort Dodge, IA	10:30 AM	Varsity 7 racers + alternates
11/12/23 Sunday	Nike Cross Regionals	Yankton Trail Park Sioux Falls, SD	TBD	Any interested Little Hawk XC runner

### Championship Season

#### Mississippi Valley Conference

##### Valley Division

City High  
Waterloo West  
Dubuque Hempstead  
Iowa City West  
Cedar Rapids Kennedy  
Linn-Mar  
Western Dubuque  
Cedar Rapids Washington

##### Mississippi Division

Dubuque Senior  
Cedar Falls  
Cedar Rapids Xavier  
Iowa City Liberty  
Cedar Rapids Jefferson  
Waterloo East  
Wahlert Catholic  
Cedar Rapids Prairie

**Head Coach:** Ryan Ahlers

**Assistant Coaches:** Hanna Collins, Katie Priske