

2021 City High Women's XC Schedule

Date	Meet	Location	Time	Who competes?
8/9/21 Monday	First Official Practice	City High School	TBA	
8/14/21 Saturday	Time Trial *2 miles*	Kickers Soccer Complex Iowa City, IA	9:00 AM	Fresh/Soph, JV, Varsity
8/31/21 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	5:00 PM	Fresh/Soph, JV, Varsity
9/4/21 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/11/21 Saturday	Luther All-American	Luther College Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/18/21 Saturday	Heartland Classic	Central College Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/23/21 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
9/30/21 Thursday	Bud Williams Invitational	Kickers Soccer Complex Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/7/21 Thursday	MVC Super Meet	Irv Warren Golf Course Waterloo, IA	3:15 PM	Fresh/Soph, JV, Varsity
10/14/21 Thursday	MVC Conference Championships	Birdsall Park Cedar Falls, IA	3:30 PM	Fresh/Soph, JV, Varsity
10/20/21 Wednesday	District Championships (state qualifying meet)	Crow Creek Park Bettendorf, IA	4:00 PM	Varsity 7 racers
10/29/21 Friday	IGHSAU State Championships	Lakeside Golf Course Fort Dodge, IA	10:30 AM	Varsity 7 racers
11/14/21 Sunday	Nike Cross Regionals	Yankton Trail Park Yankton, SD	8:30 AM 11:35 AM 1:55 PM	Any interested Little Hawk XC runner

Championship Season

Mississippi Valley Conference

Mississippi Division

City High
Cedar Falls
Iowa City Liberty
Wahlert Catholic
Cedar Rapids Washington
Cedar Rapids Prairie
Western Dubuque
Linn-Mar

Valley Division

Dubuque Senior
Dubuque Hempstead
Cedar Rapids Xavier
Iowa City West
Cedar Rapids Jefferson
Waterloo East
Waterloo West
Cedar Rapids Kennedy

Head Coaches: Lynn & Ryan Ahlers

Assistant Coaches

Jessica Hodge
Christina Welu-Reynolds
Monica Mims
Hanna Collins