

2022 City High Women's XC Schedule

Date	Meet	Location	Time	Who competes?
8/8/22 Monday	First Official Practice	City High School	TBA	
8/20/22 Saturday	Time Trial *2 miles*	Ashton XC Course Iowa City, IA	8:30 AM	Fresh/Soph, JV, Varsity
8/30/22 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	5:00 PM	Fresh/Soph, JV, Varsity
9/3/22 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/10/22 Saturday	Luther All-American	Luther College Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/17/22 Saturday	Heartland Classic	Central College Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/22/22 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
9/29/22 Thursday	Bud Williams Invitational	Ashton XC Course Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/6/22 Thursday	MVC Super Meet	Seminole Valley Cedar Rapids, IA	3:15 PM	Fresh/Soph, JV, Varsity
10/13/22 Thursday	MVC Conference Championships	Irv Warren Golf Course Waterloo, IA	3:30 PM	Fresh/Soph, JV, Varsity
10/20/22 Thursday	District Championships (state qualifying meet)	TBD	4:00 PM	Varsity 7 racers + alternates
10/29/22 Saturday	IGHSAU State Championships	Lakeside Golf Course Fort Dodge, IA	10:30 AM	Varsity 7 racers + alternates
11/13/22 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

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

Christina Welu-Reynolds
Hanna Collins
Katie Priske

Volunteer Assistant

Monica Mims