

## 2024 City High Women's XC Schedule

Date	Meet	Location	Time	Who competes?
6/17 - 6/19	XC Camp of Champions	City High School	8:00 AM	
8/12 Monday	First Official Practice	City High School	8:00 AM	
8/24 Saturday	Time Trial *2 miles*	Kicker's Soccer Complex Iowa City, IA	8:00 AM	Entire Team
9/3 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	5:00 PM	Fresh/Soph, JV, Varsity
9/7 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/14 Saturday	Luther All-American	Luther College XC Course Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/21 Saturday	Heartland Classic	Central College XC Course Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/26 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
10/3 Thursday	Bud & Bonnie Williams Invitational	Kicker's Soccer Complex Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/10 Thursday	MVC Super Meet	TBD	3:15 PM	Fresh/Soph, JV, Varsity
10/17 Thursday	MVC Conference Championships	TBD	3:15 PM	Fresh/Soph, JV, Varsity
10/23 Wednesday	District Championships (state qualifying meet)	TBD	4:00 PM	Varsity 7 racers + alternates
11/1 Friday	State Championships	Lakeside Golf Course Fort Dodge, IA	10:30 AM	Varsity 7 racers + alternates
11/16 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  
Cedar Falls  
Cedar Rapids Jefferson  
Cedar Rapids Prairie  
Cedar Rapids Washington  
Dubuque Hempstead  
Wahlert Catholic  
Waterloo West

##### Mississippi Division

Dubuque Senior  
Cedar Rapids Kennedy  
Xavier Catholic  
Iowa City Liberty  
Iowa City West  
Linn-Mar  
Western Dubuque

**Head Coach:** Ryan Ahlers

**Asst Coaches:** Hanna Collins, Katie Priske, Micah Poellet  
Katie Rygh