

2025 City High Women's XC Schedule

Date	Meet	Location	Time	Who competes?
8/11 Monday	First Official Practice	City High School Front lawn of school	8:00 AM	
8/23 Saturday	Time Trial *2 miles*	Kickers XC Complex Iowa City, IA	8:30 AM	Entire Team
9/2 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	4:50 PM	Fresh/Soph, JV, Varsity
9/6 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/13 Saturday	Luther All-American	Luther College XC Course Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/20 Saturday	Heartland Classic	Central College XC Course Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/25 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
10/2 Thursday	Bud & Bonnie Williams Invitational	Kickers XC Complex Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/9 Thursday	MVC Super Meet	Kickers XC Complex Iowa City, IA	3:30 PM	Fresh/Soph, JV, Varsity
10/16 Thursday	MVC Conference Championships	Cedar Falls, IA	3:15 PM	Fresh/Soph, JV, Varsity
10/23 Thursday	District Championships (state qualifying meet)	TBD	4:00 PM	Varsity 7 racers + alternates
11/1 Saturday	State Championships	Lakeside Golf Course Fort Dodge, IA	10:30 AM	Varsity 7 racers + alternates
11/9 Sunday	NXR 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, Emily Dvorak, Angel Wilford