

2026 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	4-12 graders
8/10 Monday	First Official Practice	City High School Front lawn of school	8:00 AM	
8/22 Saturday	Time Trials *2 miles*	Kickers XC Complex Iowa City, IA	8:30 AM	Entire Team
9/1 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	4:50 PM	Fresh/Soph, JV, Varsity
9/5 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/12 Saturday	Luther All-American	Luther College XC Course Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/19 Saturday	Heartland Classic	Central College XC Course Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/24 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
10/1 Thursday	Bud & Bonnie Williams Invitational	Kickers XC Complex Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/8 Thursday	MVC Super Meet	Waterloo, IA	3:30 PM	Fresh/Soph, JV, Varsity
10/15 Thursday	MVC Conference Championships	Cedar Rapids, IA	3:15 PM	Fresh/Soph, JV, Varsity
10/21 Wednesday	Districts	TBD	4:00 PM	Varsity 7 racers + alternates
10/30 or 10/31 Friday or 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 Division

City High
CR Prairie
CR Washington
Xavier Catholic
Hempstead
Dubuque Senior
Iowa City Liberty
Waterloo West

Valley Division

Cedar Falls
CR Jefferson
CR Kennedy
Wahlert Catholic
Iowa City West
Linn-Mar
Western Dubuque

Head Coach: Ryan Ahlers

Asst Coaches: Hanna Collins, Katie Priske, Micah Poellet
Katie Rygh, Angel Wilford, Emily Dvorak