

2023 City High Women's XC Schedule

Date	Meet	Location	Time	Who competes?
8/7/23 Monday	First Official Practice	City High School	8:00 AM	
8/19/23 Saturday	Time Trial *2 miles*	Ashton XC Course Iowa City, IA	9:00 AM	Fresh/Soph, JV, Varsity
8/29/23 Tuesday	Hillcrest Academy Invitational	Hillcrest Academy Kalona, IA	5:00 PM	Fresh/Soph, JV, Varsity
9/2/23 Saturday	Spartan Invitational	Crow Creek Park Bettendorf, IA	8:30 AM	Fresh/Soph, JV, Varsity
9/9/23 Saturday	Luther All-American	Luther College XC Course Decorah, IA	9:25 AM	Fresh/Soph, JV, Varsity
9/16/23 Saturday	Heartland Classic	Central College XC Course Pella, IA	9:00 AM	Fresh/Soph, JV, Varsity
9/21/23 Thursday	Jim Boughton Invitational	Dubuque Soccer Complex Dubuque, IA	4:00 PM	Fresh/Soph, JV, Varsity
9/28/23 Thursday	Bud Williams Invitational	Ashton XC Course Iowa City, IA	4:15 PM	Fresh/Soph, JV, Varsity
10/5/23 Thursday	MVC Super Meet	TBA	3:15 PM	Fresh/Soph, JV, Varsity
10/12/23 Thursday	MVC Conference Championships	TBA	3:30 PM	Fresh/Soph, JV, Varsity
10/18/23 Wednesday	District Championships (state qualifying meet)	TBD	4:00 PM	Varsity 7 racers + alternates
10/27/23 Friday	IGHSAU State Championships	Lakeside Golf Course Fort Dodge, IA	10:30 AM	Varsity 7 racers + alternates
11/12/23 Sunday	Nike Cross Regionals	Yankton Trail Park Yankton, SD	TBD	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

Hanna Collins
Katie Priske