

URBANDALE HIGH SCHOOL ATHLETICS

2018 Urbandale Cross Country Invitational September 1, 2018

LOCATION: Urbandale Middle School Complex
7701 Aurora Avenue

DIRECTIONS: From the east: Take I-80 to the Merle Hay Road Exit (131) and proceed south on Merle Hay Road. Take a right, turning west on Aurora Avenue. Travel past the Urbandale High School campus. Urbandale Middle School will be on your right.

From the west: Take I-80 to the 86th Street Exit (129) and proceed south on 86th Street to Aurora Avenue (2nd stoplight). Take a left turning east on Aurora Avenue. Proceed east on Aurora Avenue and Urbandale Middle School will be on your left.

BUS PARKING: Buses are encouraged to park at the high school as parking at Urbandale Middle School is limited.

**PARTICIPATING
SCHOOLS:**

Boys Teams
ADM
DM Hoover
DM Lincoln
Dowling Catholic
Indianola
Urbandale

Girls Teams
ADM
DM Hoover
DM Roosevelt
Dowling Catholic
Indianola
Urbandale

ENTRY FEE: \$50.00 for Boys Teams- Electronic invoices will be sent
\$50.00 for Girls Teams- Electronic invoices will be sent
\$100.00 for Both a Boys and Girls Team

ENTRIES: There are unlimited entries for both Girls and Boys.

ENTRY FORM: We will be using the CMAC scoring system at this meet. Please ensure that you submit your entries online in a timely manner.

SCORING: The top 5 runners for each team will be used to compute the team score.

COACH'S PACKET Coaches must pick up their Packet from the CMAC Scorer at the race. Please remember not to pin through the bottom portion of the race number that you pin on each runner.

TIMELINE: 9:00am Girls Race
9:45am Boys Race

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LOCKER ROOMS:	Locker facilities are not available at the site. Please come prepared to run.
RESTROOMS:	Restrooms are available at the site. However, we ask for coach assistance in making sure that all students are monitored in the restrooms at the MS.
ICE / WATER:	Ice and water are not available at the event for team use. Please make arrangements to bring your own.
ATHLETIC TRAINING:	The Urbandale High School Athletic Trainer will be on site for the duration of the event.
AWARDS:	Individual awards will be presented to both Boys and Girls Individuals in both races. Places 1-24 will receive an individual award after each race. Awards will be distributed in the chute.
QUESTIONS:	Contact Urbandale Activities Director, Bill Watson at (515) 457-6994, office – (515) 681-5207, cell or via e-mail at william.watson@j-hawks.com .