

Dear Coach and Team:

Welcome to the 40<sup>th</sup> annual Starmont Cross Country Invitational Meet. This year's meet is scheduled for Tuesday, September 12, 2017, at 4:00 pm on the Starmont Campus located 6 miles west of Strawberry Point at the intersection of Iowa Highways 3 and 187. Please take note of the following:

**Entry Fee**

\$ 80 both HS boys' & HS girls' teams  
\$ 40 only a HS boys' OR HS girls' team.  
\$ 10 both JH boys' and JH girls' teams

Mail to: Starmont High School  
Attn: Cristen Bockenstedt  
3202 40<sup>th</sup> Street  
Arlington, Iowa 50606

**BUS PARKING:** Please use the Highway 187 entrance and park buses near the Starmont Bus Barn – this will save your team from needing to walk around the school. DO NOT PARK in our circle drive area before 3:40 – we will have school letting out and route busses leaving.

**Facilities:** We will have port-a-potties near the start line. The school building will be off-limits. We will have a concession stand with drinks, hot dogs, blizzards, and bake sale items.

**Entries:** Follow the attached Hilltopper directions for meet entries. Entry deadline is Wednesday 9/6 @ 11.59 PM. Pick up your team packet/bib numbers from the Hilltopper Racing van near the finish line. Paper copies of results will be handed out at the conclusion of the meet. You may also access results at [fitnesssports.com](http://fitnesssports.com)

**Course Record:**

Girls:	Adrianna Katcher	Center Point-Urbana	19:11	2016
Boys:	Nick Nordheim	Waukon	16:16	1996

**Participating teams:**

**3A/2A**

Aplington-Parkersburg  
Beckman Catholic  
Cascade  
Columbus Catholic  
Center Point Urbana

Independence  
Jesup  
North Fayette Valley  
Oelwein  
Union

Waukon  
West Delaware  
Western Dubuque (4A)

**1A**

Alburnett  
Clayton Ridge  
Denver  
Don Bosco

East Buchanan  
Ed-Co  
Hudson  
MFL Mar/Mac

North Linn  
Postville  
Starmont  
Tripoli

Wapsie Valley  
Kee High  
Springville/Central  
City

**Schedule:** We will stay as close as possible to the following time schedule and order of events.  
Your teams should be at the starting line at least 5 minutes before their race is scheduled.

**\*\*\*Coaches will be responsible to get times of any runner over the given 20 minute JH and 35 minute HS race time allotments\*\*\***

- 4:00 JH Girls 2 mile - No limit on participants - 5 will count for team score  
Ribbons for the top 25 – handed out in chute
- 4:20 JH Boys 2 mile - No limit on participants - 5 will count for team score  
Ribbons for the top 25 – handed out in chute
- 4:45 Girls JV - No limit on participants - 5 will count for team score  
Ribbons for the top 25 finishers – handed out in the chute
- 5:20 Boys JV - No limit on participants - 5 will count for team score  
Ribbons for the top 25 finishers – handed out in the chute
- 5:55 Girls Varsity – Run up to 7 - 5 will count for team score  
Top 30 receive medals – #'s6-30 will be handed out in the chute
- 6:25 Boys Varsity - Run up to 7 - 5 will count for team score  
Top 30 receive medals – #'s6-30 will be handed out in the chute
- 7:00 Awards  
JH Girls team champion plaque  
JH Boys team champion plaque  
Varsity Individual Medals (present top 5)  
Plaques to Championship teams in 1A  
Plaques to Championship teams in 2A/3A

11. If you have any questions feel free to contact AD Chad Whittle  
[cwhittle@starmont.k12.ia.us](mailto:cwhittle@starmont.k12.ia.us)