



## CEDAR FALLS HIGH SCHOOL

Tenth and Division Streets  
Cedar Falls, Iowa

**TO:** Cross Country Coaches/Athletic Directors

**FROM:** Cal Murdock, Meet Results – RICH ENGEL CLASSIC  
Troy Becker – Athletic Director – Cedar Falls High School

**WHAT:** RICH ENGEL CLASSIC CROSS COUNTRY MEET  
**THURSDAY, SEPTEMBER 17, 2020**

**WHERE:** Birdsall Park – west of high school on West 12<sup>th</sup> St. Cedar Falls, IA

**ENTRY FEE:** Boy's Team - \$100.00 Girl's Team - \$100.00 **(Invoice attached)**

**ENTRIES:** Results will be provided by Cal Murdock. Entries will be done on-line at: [www.theendresultco.com/xc](http://www.theendresultco.com/xc) The deadline for this information is **Friday, September 11, 2020 @ 10:59 p.m.** Instructions for submitting entries are attached.

- The 2020 Races will be adjusted to two divisions to allow for better social distancing with COVID-19.
- Each school will be allowed a total of **up to 15** athletes in each race. We strongly encourage you to limit your travel squad to this number to help us manage people attending.
- Teams can run 15, count 7, and score 5.
- **A Division** – Aplington Parkersburg, Cedar Rapids Jefferson, Dike/New Hartford, Grundy Center, Hudson, Mason City, Valley Lutheran, Waterloo, Waverly-Shell Rock, Xavier
- **B Division** – Ames, Ankeny, Cedar Falls, CR Kennedy, CR Washington, Decorah, Dubuque Hempstead JV, Dubuque Senior, Iowa City Liberty, Iowa City West, Southeast Polk, Urbandale, Western Dubuque

<b>STARTING TIME</b>	<b>RACE</b>	<b>DISTANCE</b>
4:30 P.M.	A Division (Girls) - up to 15 runners	5K
5:00 P.M.	A Division (Boys) – up to 15 runners	5K
5:30 P.M.	B Division (Girls) – up to 15 runners	5K
6:00 P.M.	B Division (Boys) – up to 15 runners	5K

**Course Records:** 5K Men - Sam Schillinger (2016, Cedar Falls) 15:55  
5K Women – Ashlyn Keeney (2019, I.C. Liberty) 18:47

**SCORING:** - Varsity Men's and Women's:  
**Run 15, Score 7, Count 5**

**RESULTS:** The A Division and B Division results will be combined at the conclusion of both races to determine the individual and team winners for 2020. Results will be available after each race on-line at: <http://onlineraceresults.com/>

You may pick-up printed results when you return your chips.

**PARKING:** refer to course map!

Lot A - for team vehicles,(buses, vans & cars)

Lot B - for spectators and officials

Parking is also available along 12<sup>th</sup> street and the street coming into Birdsall Park

**PACKET PICK-UP:** Coaches can pick up meet packets at the shelter on the north side of the lake.

**RESTROOMS:** Restrooms are available on the course and at the softball complex.

**TRAINER:** A Certified Athletic Trainer and Staff will be on hand.

**MISCELLANEOUS:** Chip timing will be used. We ask that all teams turn their chips back in, in order, at the conclusion of the meet.

If you have any questions in regards to the meet, please contact Troy Becker at (319) 553-2573. For questions regarding entries, please contact Cal Murdock at [calmurdock@earthlink.net](mailto:calmurdock@earthlink.net)

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