



Roosevelt Heartland XC Classic

Saturday, September 16, 2017

Location: Iowa State University Cross Country Course – Ames, IA

Due to ISU hosting Big 12 and Regional Meets this year we have been given a different course. Because of this, we will run six races instead of four to try and eliminate lapping that we may have if we ran one big JV race.

Race Time:	10:00 AM	JV 2 Girls
	10:35 AM	JV 2 Boys
	11:05 AM	JV 1 Girls (Run 10)
	11:40 AM	JV 1 Boys (Run 10)
	12:10 PM	Varsity Girls
	12:30 PM	Varsity Boys
	1:00 PM	Awards Ceremony

Race Distance: 5000 meters

Timing: Chip timing will be used.

Awards: Trophies: 1st, 2nd, and 3rd Place Varsity Teams
Plaque for JV team champions

Medals: Varsity – Top 25 JV – Top 10

Entry Fee: \$80 per Varsity boys team, \$80 per Varsity girls team
\$50 per JV boys teams; \$50 per JV girls teams

Please send payment to: Kris Cooper, Activities Assistant
Roosevelt High School
4419 Center Street
Des Moines, IA 50312

Results: Available for coaches immediately after the awards ceremony
Results will be posted online at: www.fitnesssports.com

Course Maps: New map for this year's race has been attached.

Entries: 7 runners in varsity race.
JV 1 is main JV competition race. (Run 10)
JV 2 is the extra JV race for remainder of JV. (Unlimited)
****Iowa HS Rules apply to this meet. Only HS runners may participate.
No Middle School runners.**

Concessions and Heartland Classic T-shirts will be available for purchase at the meet.

Contacts: Todd Gordon Activities Administrator 515-242-7277
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Steve Brown Heartland Classic Chairman 515-747-7374
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TEAM ROSTERS will be entered via website: www.theendresultco.com/xc/

- **Enter your roster**
- **Save**
- **Click Home Tab**
- **Find "Roosevelt Heartland Classic"**
- **Click icon to left with "0" under it**

Click the home tab at top, scroll down and the number of athletes you have entered into the meet should appear under the icon. The athletes do not need to be designated as running in a particular race. (Varsity or JV)

Entry Deadline is Wednesday, Sept. 13 at 5:00 PM CDT.