



## 2020 Heartland Cross Country Classic September 19<sup>th</sup>, 2020

<b>When:</b>	September 19 <sup>th</sup> , 2020	
<b>Location:</b>	Central College Cross Country Course	Pella, IA
<b>Race Times:</b>	10:00am:	Girls Varsity Race (Red)
	10:35am:	Boys Varsity Race (Red)
	11:10am:	Girls Varsity Race (White)
	11:45am:	Boys Varsity Race (White)

Please continue to be flexible and understanding as our world is rapidly changing around the COVID-19 pandemic. This is the current meet information, but please be aware that things could very possibly change. We are so excited to host this meet and to provide you all with the best competitive environment possible!

<b>Race Distance:</b>	5000 meters
<b>Timing:</b>	Chip timing will be used.
<b>Awards:</b>	No Awards for 2020. [They will return for 2021]
<b>Spectators:</b>	To provide safety for all involved, please limit spectators to 2 per student-athlete. There will be no carts to help elderly to the course. Please advise your fans that if they are use a walker, wheel chair or struggle to walk, that they should not attend this meet.
<b>Team Entries:</b>	<b>Entries are due Wednesday, September 16<sup>th</sup> at 5:00pm!!</b> Varsity Races only. Teams will be limited to 10 entries per team.

**\*\*Iowa HS Rules apply to this meet. Only HS runners may participate.**

**TEAM ROSTERS will be entered via website:**  
[www.theendresultco.com/xc/](http://www.theendresultco.com/xc/)

- Enter your roster
- Save
- Click Home Tab
- Find “Central College 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 Fees:**

**Team Entry Fees**

\$100 per Varsity boys team, \$100 per Varsity girls team

**Individual Entry Fees**

For schools that have LESS than 5 runners may be entered as individuals  
\$20 per Individual Runner

For teams that have less than 5 runners, they may be entered as individuals as long as each runner is on the official roster of their High School team and the Heartland Classic is on the school schedule. (In other words....No unattached runners)

**Payment:**

**OPTION 1: Pay your Team/Individual Entries via online here:**

[https://centralcollege.formstack.com/forms/high\\_school\\_heartland\\_cross\\_country\\_classic\\_team](https://centralcollege.formstack.com/forms/high_school_heartland_cross_country_classic_team)

**OPTION 2: You may also pay by check. Please make all checks payable to ‘Central College’ and may be sent to the following address:**

Joe Dunham  
Kuyper Athletics Center  
Central College  
812 University  
Pella, IA 50219

**Results:**

Results will be posted online at:

<https://athletics.central.edu/index.aspx> and [www.fitnesssports.com](http://www.fitnesssports.com)

**Course Maps:**

<https://athletics.central.edu/facilities/cross-country-course/4>

## **Entry Deadline is Wednesday, Sept. 16th at 5:00 PM CDT.**

**Athletic Training:** Limited Athletic Training Services will be provided. Please bring your own supplies as none will be provided or available.

**Meet Information:** All updated meet information can be found at:  
<https://athletics.central.edu/sports/2019/1/8/high-school-meet-information-cross-country.aspx>

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

**Contacts:** Joe Dunham Head Cross Country Coach 641-628-7603  
[dunhamj@central.edu](mailto:dunhamj@central.edu)

**Parking:** **Parking instructions will be sent out at a later date.**