



Upper Iowa Conference XC Meet

Date: 10-15-26

Teams: Central, Elkader, Clayton Ridge, Crestwood, Kee, MFL MarMac, New Hampton, North Fayette Valley, Postville, South Winn, Turkey Valley, Waukon

Welcome to the Upper Iowa Conference Cross Country Meet held at NFV.

Below is some information and reminders to help with the meet.

- Buses should park to the west of the HS Parking Lot (MAP)
- There will be porta-potties available by the Team Area and HS (MAP)
- Please do not try and Access the Elementary School
- Pick up your packets at the table set near the finish line area. Course map is included and attached
- Camps can be set up on the hill near the elementary school. Please pick up at the end, trash bag provided. Leave trash bags in a central pile and we will pick up
- All MS runners will run at 4:30
- HS Girls will follow MS (~5:00)
- HS Boys will follow HS Girls (~5:40)
- We will have our Athletic Trainer, Melanie Martin on hand
- Please stay out of the area near Clark Jillson's Timing set up
- AccuRace Timing will be providing timing services, and will provide Live Results at www accuracetimeing.com
- Coach your runners to finish through the finish line and continue to walk to clear the end
- When results are in we will have a short ceremony at the end to announce the team winner and award the top 15 runners for HS Girls and Boys.
- **Entries open on MileSplit at ia.milesplit.com - deadline is noon on Monday, October 12th.**

Thanks,
Justin Heins
North Fayette Valley CSD
Activities Director | At-Risk
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