



# CITY HIGH ATHLETICS

1900 Morningside Drive • Iowa City, IA 52245 • 319-688-1045 • F 319-688-1314 • [www.littlehawkathletics.com](http://www.littlehawkathletics.com)  
PHILLIP HANSEN- ATHLETIC DIRECTOR

- To:** Athletic Directors and Cross Country Coaches  
**From:** Phillip Hansen, Athletic Director and Ryan Ahlers, Lynn Ahlers & Jayme Skay, Head Coaches  
**Re:** Bud Williams Cross Country Invitational  
**When:** Thursday, September 30th, 2021  
**Where:** Kickers Park, Iowa City, IA
- Teams:** **High Schools:** City High, Cedar Rapids Jefferson, Dubuque Senior, Cedar Rapids Prairie, Durant, Iowa City Liberty, Hillcrest Academy, Pekin, Pleasant Valley, Ottumwa, Clear Creek Amana, Ankeny Centennial, Danville-New London
- Junior Highs:** SE JH, NW JH, NC JH, Pleasant Valley, Prairie Point, IC Regina
- Times:**                    **3:15 PM-** JH Girls Race                    **4:15 PM-** Varsity Girls Race                    **5:15 PM-** JV Girls Race  
                                 **3:45 PM-** JH Boys Race                    **4:45 PM-** Varsity Boys Race                    **6:00 PM-** JV Boys Race
- Entry Fee:** \$100.00 High School Entry (\$50/boys & \$50/girls),
- No Pets:** Per IGHSAU/IHSAA rules, no pets are allowed at interscholastic events.
- Entries:** Wayzata will be the official timer at the meet. He is requesting that you have your entries to him by **Monday, September 27th at 8 PM**. Please enter all entries here (you are allowed 14 entries for varsity races):  
<http://www.wayzataresults.com/events/details/2333>  
Entry Instructions can be found here:  
<https://wayzataresults.zendesk.com/hc/en-us/categories/360004984014-Entries>  
Entry questions can be emailed here: [tfentries@wayzataresults.com](mailto:tfentries@wayzataresults.com)  
Del Wagner will be the official starter on-site.
- Awards:** Given to first 10 runners of Varsity (no more than 7 to any one Varsity team) and JV races. There will be no award ceremonies. Teams will receive awards with results at the conclusion of the meet.
- Trainer:** City High will have a certified trainer on-site.
- Other Items:** Teams are encouraged to bring water to the facility. Water will be provided at the end of the race. Garbage bags will be provided. Please make sure your athletes pick up trash to be good guests.
- Team Camps:** Team camps should be set up so as not to interfere with the start line or finish area. Please help clean-up your team camp prior to departure.
- Questions:** Athletic Director, Phillip Hansen 224-330-8137 or [hansen.phillip@iowacityschools.org](mailto:hansen.phillip@iowacityschools.org), Head Girl's Coaches, Ryan Ahlers [ahlers.ryan@iowacityschools.org](mailto:ahlers.ryan@iowacityschools.org) & Lynn Ahlers [ahlers.lynn@iowacityschools.org](mailto:ahlers.lynn@iowacityschools.org) Head Boy's Coach, Jayme Skay [skay.jayme@iowacityschools.org](mailto:skay.jayme@iowacityschools.org)

Phillip Hansen  
Athletic Director, Iowa City High