



Congratulations on your school qualifying for the 2024 state cross country meet next Friday, November 1 (3A/4A) and Saturday, November 2 (1A & 2A) in Fort Dodge. All relevant information has been posted on the IHSAA and IGHS AU web sites and can be found at the following links below. No other materials or information will be sent to your school prior to the meet. Wrist bands, course map, bags tags, starting grinds, safety pins, and bib numbers will all be in your team packet that you will pick up on the back, lower level of the clubhouse.

General Meet Information: [State Cross Country Information \(iahsaa.org\)](https://iahsaa.org)

Meet Schedule: [November 1-2, 2024 \(iahsaa.org\)](https://iahsaa.org)

Course Map: [2024-Course-Map.pdf \(iahsaa.org\)](https://iahsaa.org)

Trainer Letter: [State Cross Country Information \(iahsaa.org\)](https://iahsaa.org)

Bib Information: [State CrossCountry Bib.pdf \(iahsaa.org\)](https://iahsaa.org)

On-site qualifier picture information (Boys Only): [State-Plaque-Photo-Instructions.pdf \(iahsaa.org\)](https://iahsaa.org)

Full IHSAA/IGHS AU State Cross Country Information

IGHS AU: <https://ighsau.org/news/state-cross-country-meet-central-2024/>

IHSAA: [State Meet - Cross Country | IHSAA \(iahsaa.org\)](https://iahsaa.org)

We need a team photo for the 61 boys and girls teams that qualify for the state meet. Girls teams are specifically asked to submit their "Ticket Punched" photo and boys teams are asked to submit any appropriate, high resolution team photo by Noon on Friday, October 25 using the following form:

<https://www.iahsaa.org/cross-country/cross-country-2024-team-photos/>

Photos cannot be greater than 8 MB in size. If you have any issue uploading photos please contact Chad Elsberry at celsberry@iahsaa.org

Once we have compiled the qualifying list, we will post on the respective organization's web site as we want to double check that we have the correct name, spelling, and grade level for each of your athletes. If you have qualified a team and know you will be substituting at the state meet at this moment, please respond to this email with that substitution. Team substitutes can still be made the day of the meet by reporting the new participants' name to the packet pickup area immediately upon your arrival at the meet site.

We will be providing wristbands to participating schools for competing athletes, coaches, and/or managers. Ten wristbands for each qualifying team and 3 for individual qualifier, plus one for each additional qualifier. Wristbands are in place to ensure only athletes and essential team personnel competing in the state meet are in the starting area.

If you have additional personnel with your team or individual(s) above and beyond the allotted amount, we will simply invoice your school for additional personnel to ensure no one with the team is charged for parking [12 for team 4(+1) for individual(s)]. **DO NOT HAVE ATHLETES WITH TEAM PURCHASE TICKET. IF YOU HAVE STUDENTS TRAVELING IN A SCHOOL VEHICLE OF ANY KIND DO NOT HAVE THEM PURCHASE A TICKET.** The IGHSAU will invoice the school for the additional personnel to simplify the entry process and again avoid the charge for parking for additional school team traveling party.

Fine Designs is the official provider of 2024 State Cross Country apparel for both the IHSAA and IGHSAU. They will be on site, as in past years, making custom apparel at their stand. Online options for 2024 state cross country apparel is also available at the link below so please feel free to share with your interested parties within your cross country community. <https://shop.finedesigns.com/greatplains/IAHSXC>

If you have any questions, don't hesitate to contact either one of us. Have a great week of practice, and we will see each of you next week in Fort Dodge.



Andy Umthun
IHSAA Assistant Director



Madison Melchert
IGHSAU Assistant Director