

2009 Mississippi Valley Conference Composite Cross Country Schedule

(Men & Women unless otherwise noted)

<u>Date</u>	<u>Event</u>
Tues, Aug 25	Dyersville Beckman, Edgewood-Colesburg, Independence & West Delaware at Wahlert
Thu, Aug 27	Waterloo West at Marshalltown Invitational
Tues, Sept 1	Cedar Falls (women), Kennedy, Prairie, Washington, Xavier, Iowa City West & Linn-Mar at Prairie Invitational Jefferson at Iowa Mennonite Invitational (Kalona) Hempstead & Wahlert at Bruess Invitational (Monroe, WI) Senior at Clinton Schoolhouse Open Invitational
Thu, Sept 3	Cedar Falls (men) at Ames Invitational Waterloo West at Charles City Invitational
Sat, Sept 5	Cedar Falls (women) & Washington at Central College Invitational (Pella) Jefferson, Prairie, Xavier, Senior (women), Iowa City High & Linn-Mar at Pleasant Valley Invitational
Tues, Sept 8	Hempstead, Waterloo East & Waterloo West (women) at Waverly-Shell Rock Invitational
Thu, Sept 10	Cedar Falls at Marshalltown Invitational Jefferson, Kennedy, Prairie, Washington, Xavier, Wahlert, Iowa City High, Iowa City West, Linn-Mar & Waterloo West (men) at Cedar Rapids Invitational (Jefferson host)
Sat, Sept 12	Hempstead & Iowa City West (women) at Luther All-American Invitational (Decorah) Senior at River Valley Invitational (Spring Green, WI)
Thu, Sept 17	Cedar Falls, Jefferson, Kennedy, Washington, Senior, Wahlert, Linn-Mar, Waterloo East & Waterloo West (men) at Cedar Falls Rich Engel Classic
	Iowa City High & Iowa City West (men) at Iowa City High Little Hawk Invitational
Fri, Sept 18	Prairie, Xavier & Hempstead (women) at Cascade Invitational
Sat, Sept 19	Cedar Falls (men) & Iowa City West at Des Moines Roosevelt Invitational Waterloo West (women) at Luther Invitational (Decorah)
Mon, Sept 21	Prairie (women) at Solon Invitational
Tues, Sept 22	Linn-Mar at Newton Invitational
Thu, Sept 24	Cedar Falls, Waterloo East & Waterloo West (women) at Mason City Invitational

Kennedy, Washington, Xavier, Hempstead, Wahlert & Iowa City High at Eastern Iowa Classic (Xavier host)
Waterloo West (men) at Burlington Invitational

Sat, Sept 26 Cedar Falls at Anamosa Raider Invitational
Senior at Fennimore (WI) Invitational
Iowa City High at Ray Griak Invitational (Minneapolis, MN)
Iowa City West at Rim Rock (KS) Invitational

Tues, Sept 29 Kennedy & Iowa City West at Iowa City West Invitational

Prairie, Washington, Xavier, Linn-Mar & Waterloo East at Linn-Mar Invitational

Thu, Oct 1 Cedar Falls, Waterloo East & **Waterloo West** at Cedar Falls/Waterloo Metro Meet (**Waterloo West host**)

Jefferson & Iowa City High at Iowa City High Bud Williams Invitational
Prairie at Western Dubuque Invitational
Hempstead, Senior & Wahlert at Dubuque City Meet (Wahlert host)

Sat, Oct 3 Washington & Xavier at Clinton Classic

Tues, Oct 6 **Waterloo West** at West Delaware Invitational

Thu, Oct 8 Mississippi Valley Conference Super Meet at Iowa City High

Sat, Oct 10 Xavier (men) at North-Linn Invitational
Iowa City High (women) at Sterling (IL) Invitational

Thu, Oct 15 Cedar Falls, Jefferson, Prairie, Washington, Senior, Linn-Mar & Waterloo East at MVC Valley Division Meet (Waterloo East host)

Kennedy, Xavier, Hempstead, Wahlert, Iowa City High, Iowa City West & **Waterloo West** at MVC Mississippi Division Meet (Hempstead host)

Thu, Oct 22 District/Regional Meets at Sites to be Announced

Sat, Oct 31 State Meet at Fort Dodge