



Runner Stuff in Iowa

Swim

majority of the races on these pages scored using [Apple Racebery JaM](#)

Central Iowa Cross Country Results 2007

Coaches & fans: Vote for I.A.T.C. Senior All-Star Cross Country Meet
Invitees [HERE](#)

These are the races that we "expect" to have results for. We will post all that are sent to us.

Back Home	IATC State Rankings	E-mail us Here	Other XC Results	XC results 2000 thru 2006	Road Race Results
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Date	Day	Time	Name	Catagory	x
Aug 24	Fri	5PM	Grand View College Invite Meet	College	results
Aug 24	Fri		Iowa CC Region XI Time Trial	College	results
Aug 28	Tues	4:30PM	Cedar Rapids Prairie Invite	HS (B/G)	results
Aug 28	Tues	5PM	S E Polk Invite	HS (B/G)	results
Aug 30	Thur	4:30PM	Little Cyclone Invite	HS (B/G)	results
Aug 30	Thur	4:30PM	Urbandale Classic	Grade Level HS (B/G)	results
Aug 30	Thur		Wildwod Park at Ottumwa	HS (B/G)	results
Sept 1	Sat		Mount Mercy College Meet, Cedar Rapids	College / Open	results
Sept 1	Sat		Pleasant Valley Invite, Bettendorf	MS / HS (B/G)	results
Sept 1	Sat		Dutch Invitational, Pella	HS / College	results
Sept 4	Tues	4:30PM	Go Hawk Invite Waverly Shellrock	MS / HS (B/G)	results
Sept 4	Tues	4:30PM	Hoover Invite	HS (B/G)	results
Sept 4	Tues		Johnston Middle School Invite	MS	results
Sept 4	Tues		Winterset Invite	HS & MS	results
Sept 6	Thur	4:30PM	Bobcat Invite	HS (B/G)	results
Sept 6	Thur	4:30PM	Cedar Rapids Invite	HS (B/G)	results
Sept 6	Thur	4:15PM	Johnston Invite	HS (B/G) & MS	results
Sept 8	Sat		Galva-Holstein Cross Country Invitational	College/ HS (B/G)	results
Sept 15	Sat	10AM	Les Duke College Invite - Grinnell	College	results
Sept 8	Sat		Benton Invitational, Atkins, IA	HS (B/G) & MS	results
Sept 11	Tues	4:15PM	33rd Tom Karpen Invite (Valley WDM)	HS (B/G) & MS	results
Sept 11	Tues		Storm Lake Invitational	HS (B/G)	results
Sept 13	Thurs	4:15 pm	Ames HS Invite	HS (B/G) & MS	results
Sept 13	Thurs	4:30PM	Rich Engel Classic (Tiger Classic)-Cedar Falls	HS(BG)	results
Sept 13	Thurs		Panorama Invitational / WCAC Meet	HS(BG)	results
Sept 14	Fri		Cascade High School Invitational	HS(BG)	results
Sept 15	Sat		Luther College All American Invite, Decorah	College/ HS (B/G)	results
Sept 15	Sat		Roosevelt High School Invitational	HS	results
Sept 15	Sat		Hawkeye Invitational Meet, Ia City, IA.	HS (B/G)	results
Sept 17	Mon		Solon Invitational	HS (B/G) & MS	results
Sept 17	Mon		ADM Tiger Invitational , Adel	HS (B/G) & MS	results
Sept 18	Tues	4:15 pm	Cardinal (Newton) Invite	HS & MS (B/G)	results
Sept 18	Tues	4:30 pm	Vinton Shellsburg Invitational	HS(B/G)	results

Sept 20	Thurs	4:30PM	Mason City (Gene Balk) HS Invitational	HS (B/G) & MS	results
Sept 20	Thurs	4:30PM	Indianola Invitational	HS (B/G) & MS	results
Sept 20	Thurs		Eastern Iowa Classic, Cedar Rapids Washington	HS (B/G) & MS	results
Sept 22	Sat		Anamosa Meet	HS (B/G) & MS	results
Sept 24	Mon		Cal-Wheatland in Wheatland	HS (B/G) & MS	results
Sept 25	Tues		Waukee Invitational	HS (B/G) & MS	results
Sept 25	Tues	4:30PM	Linn-Mar Invitational - Cedar Rapids	HS (B/G)	results
Sept 25	Tues		Denison CC Invitational	HS (B/G)	results
Sept 25	Tues		Knoxville Invitational	HS B&G	results
Sept 27	Thurs	4:15PM	Ankeny Invite	HS / MS (BG)	results
Sept 27	Thurs		Cedar Valley Metro Meet	HS / MS (BG)	results
Sept 27	Thurs		Western Dubuque Bobcat Invitational	HS B&G	results
Sept 29	Sat		Urbandale Superstar Cross Country Kids Mile	Elementary age	results
Sept 29	Sat		Clinton High School Invite	HS (BG)	results
Sept 29	Sat	9:30 am	South Hardin (Eldora) Invitational	HS (BG) / & MS	results
Sept 29	Sat		Roy Griak Invite- Minneapolis, Minn.	HS (B/G)	results
Oct 4	Thurs		Fort Dodge Invite	HS (BG) / & MS	results
Oct 4	Thurs	4:30PM	Augustine Invitational - D M East Invite	HS boys	results
Oct 4	Thurs	4:15PM	Ankeny Invite Middle School Meet	Middle School	results
Oct 4	Thurs	3:30PM	MVC Super Meet - Cedar Falls	HS(BG)	results
Oct 6	Sat	10:30AM	Dan Huston Meet - Wartburg /	College	results
Oct 6	Sat		Lynx Invitational, North Linn High School	HS (B/G)	results
Oct 9	Tues	3:30PM	CIML Central Conference / Indianola HS	Conference	results
Oct 9	Tues	4:30PM	CIML Metro Conference / Ewing Park	HS Conference	results
Oct 9	Tues	4:30PM	Little Panther Invitational @ UNI	HS (B/G)	results
			Championship History of the CIML		
Oct 11	Thurs	3:30PM	M V C Valley Divisional @ Waterloo	HS (B/G)	results
Oct 11	Thurs	4:30PM	CIML Middleschool / SE Polk HS	MS Conference	results
Oct 11	Thurs		CIML Iowa Conference / Mason City HS	Iowa Conference Meet	results
Oct 11	Thurs		Lake Darling Classic / Pekin	HS (B/G)	results
Oct 13	Sat		Iowa State Wide 7th & 8th Grade Cross Country - Saydel High School	7th & 8th Grade (B/G)	results
Oct 13	Sat	9:30AM	NICL Conference - Reinbeck	MS& HS	results
Oct 17	Tues		4A District High School Pleasant Valley	4A HS (B/G)	results
Oct 18	Thurs	4:30PM	District High School - Cedar Falls	HS (BG)	results
Oct 18	Thurs		4A District High School - Fort Dodge	HS (BG)	results
Oct 18	Fri		1A District High School - Fort Dodge	HS (BG)	results
Oct 18	Thurs		3A District High School - Pella	3A HS (BG)	results
Oct 18	Thurs		3A District High School - Fairfield	3A HS (BG)	results
Oct 18	Thurs		4A District High School - Marshalltown	4A HS (BG)	results
Oct 18	Thurs		2A District High School - Marshalltown	2A HS (BG)	results
Oct 18	Thurs		2A District High School - Monticello	2A HS (BG)	results
Oct 19	Fri		1A District High School - Dike-New Hartford	1A HS (BG)	results
Oct 20	Sat	9 AM	Iowa AAU District XC Championships, Knoxville	18 & under	results
Oct 21	Sat		Midwest Collegiate Conference	College	results
Oct 21	Sun	9 AM	Westside Track Club USA T&F Jr Oly XC Meet Entry form here Valley Southwoods High School, West Des Moines, IA.	14 & under M & F	results
Oct 26	Fri		Big 12 Conference Meet	College	results
Oct 27	Sat	11AM	Iowa State High School Meet	HS	Girls.Combined results Boys.Combined results
Oct 27	Sat	11AM	Iowa Community College Athletic Conference	College	results
Oct 27	Sat		Missouri Valley Conference	College	results
Oct 28	Sun		Big 10 XC Championships, Ohio State. Univ.	College	results
Nov 3	Sat		NAIA Region VII Championship, Bettendorf, IA	College	results
Nov 3	Sat		Iowa All Star Senior XC Meet, Ames	HS (BG)	results

Nov 3	Sat		RCC Run in the Woods (Severe XC)	Open XC	results
Nov 4	Sun		USATF Iowa Association JO XC	18 & under	results
Nov 4	Sun		USATF Iowa Assoc Masters & Open XC	Open XC	results
Nov 10	Sat		NCAA Div. 1 thru 3 Regionals	College	results
Nov 10	Sat		The Nike Team Regional Meet will be held Saturday November 10th , in Sioux Falls SD. Iowa, MN, SD, ND, KS, MO, NB will be represented. There will be several races and any one may enter.	Middle & High School age Club Teams	results
Nov 17	Sat	x	National Championships Div. 3	College	results
Nov 17	Sat	9AM	Living.History.Farms.Off.Road.Races  <i>The Largest Cross Country Race in the U.S.</i>	Team_Compensation_High_School_M / F Open_M / F & Coed Master_M / F Ind. Age Groups	results
Nov 19	Mon	??	NCAA Div. 1 National Championships	Univ./College	results
Dec 1	Sat	9AM	Sycamore 8 Trail race	all	results

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