



IATC - Iowa High School Track and Field + Cross Country

Search...

- IATC
- Cross Country
- Track and Field
- Awards
- Officials

Cross Country

- > 2020 Team Rankings
- > 2020 Individual Rankings
- > 2020 Results
- > 2019 Coach of the Year Selections
- > 2019 Boys All-State Selections
- > 2019 Girls All-State Selections
- > 2019 Academic All-State Recipients
- > IATC Academic All-State

Pay your membership fee on line now! \$50.00 for High School and Universities.

**HIGH SCHOOL PAY NOW!**

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Not sure if your school has paid yet? See our 2020-2021 paid [members list here](#)

Exchange Zone Podcast



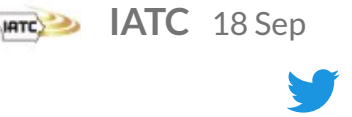
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IATC Twitter



# Current News and Updates

- IATC News and Updates
- Cross Country Meet Openings



<https://www.iowarunjcountry/2020-cross-c>

Next Level Iowa



Track Guy Foundation is a registered 501(c)(3) nonprofit organization, founded by Mike Jay and sons Joe and Jon. The Foundation is committed to putting Iowa's student-athletes first, and ensuring that cross country and track and field experiences are available to all of its interested youth. We purchase shoes, award scholarships and help pay for camps for those needing assistance to be involved in Track and Field and/or Cross Country in Iowa. visit us today!

Track and Field



Fall Letter from IATC 2nd VP Greg Williams

September 15th, 2020 | Comments Off

Fall Letter from Second VP August 2020  
Welcome back to all our members. Fall sports are a GO! I would like to thank all those that volunteer their time to help the IATC with the



Fall Letter from IATC President Jared Fletcher

September 15th, 2020 | Comments Off

September 11, 2020  
Greetings! The 2020-2021 academic and



Pleasantville Cross Country Meet: Sep 13

September 7th, 2018 | Comments Off

Pleasantville is looking for 5-7 teams to attend their meet on September 13th. We need to know by Tuesday, September 11 if you would like to attend. for more information contact Aaron Fichter afichter@pleasantv

Underwood Meet

August 29th, 2016 | Comments Off

Underwood will be hosting a new meet on Thursday October 6, 2016. The meet will be run at Quail Run Country Club between Underwood and Neola. If interested in entering this meet please contact Eric

Charles City Meet

August 29th, 2016 | Comments Off

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IATC 18 Sep



The IATC is having the XC meet on October 1 website for more infor team or individual!  
<https://www.iowarunjcountry/middle-schoo>

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IATC 16 Sep



Week 3 Team Ranking  
<https://www.iowarunjcountry/2020-cross-c>

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IATC 16 Sep



IATC EXCHANGE ZOI Episode #5: Week 3 Interview  
We covered 8 meets fi below

<https://www.speaker>

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IATC 16 Sep



2nd VP @montitrack1

> 2020 Track and Field Academic All-State Recipients

> 2019 Coach of the Year Selections

> Senior All-Star Track and Field Championships 2020

> Academic All-State Nomination Form

> Power Rankings

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Recent Posts

> Fall Letter from IATC 2nd VP Greg Williams

> Fall Letter from IATC President Jared Fletcher

> Important Message from Our President

> IATC Bylaws Review Meeting scheduled

> OneIA – Run

athletic year is currently in full swing. This looks and feels much different than ever before due to the pandemic in which we are experiencing. We feel



[Important Message from Our President](#)

June 18th, 2020 | Comments Off

There have been numerous questions concerning the IATC All-Comers Meet that we are hoping to schedule/host in July. At the current time, we have not yet secured a host site for this meet. The IATC



[IATC Bylaws Review Meeting scheduled](#)

June 15th, 2020 | Comments Off

The IATC recently voted on and passed an updated version of our association by laws.




Charles City is adding a 2016 Early Bird Cross Country meet on Tuesday August 23rd. This will be a JV/Var meet. Please contact AD Todd Forsyth at [tforsyt@charlescityschc](mailto:tforsyt@charlescityschc) if you are interested in attending.

[South East Polk Cross Country Meet](#)

July 8th, 2016 | Comments Off

Thursday, September 29th - Southeast Polk High School is looking to add both boys and girls teams to our home meet. This date will mark the inaugural competition on our new home cross country course. Several

<https://www.iowarunjletter-from...>

  1  2  
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Upcoming Events

OCT  
**17**  
Sat  
([https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/action~oneday/exact\\_date~10-17-2020/](https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/action~oneday/exact_date~10-17-2020/))

all-day Washburn Classic Middle School S... @ Marshalltown Community College ([https://www.iowarunjumpthrow.com/event/washburn-meet/?instance\\_id=56](https://www.iowarunjumpthrow.com/event/washburn-meet/?instance_id=56))

NOV  
**7**  
Sat  
([https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/action~oneday/exact\\_date~11-7-2020/](https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/action~oneday/exact_date~11-7-2020/))

all-day Senior All-Star Cross Country Meet (<https://www.iowarunjumpthrow.com/event/senior-all-star-cross-country-2020/>)

## Together as One Summer Running Challenge

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Included in these by laws is the creation of a Board of Directors. The Board of Directors will include the

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### [OneIA - Run Together as One Summer Running Challenge](#)

June 1st, 2020 | Comments Off

[View Calendar →](https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/) (https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/)

Track Guy announces OneIA Summer Running Challenge With running races canceled or postponed this summer, bring the spirit of the Iowa running community back and make your miles matter. Challenge your team to log miles

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2020/)

meet/? instance\_id=64)

NOV

8

Sun

(https://www.iowarunjumpthrow.com/about-the-iatc/iatc-events-calendar/action~oneday/exact\_date~11-8-2020/)

9:30 am Fall Meeting @ Iowa City West High School (https://www.iowarunjumpthrow.com/event/fall-meeting/? instance\_id=63)



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## AWARDS

Hall of Fame

Officials of the Year

Coach of the Year

25 Year Award

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ACCEPT