



COUNCIL BLUFFS ABRAHAM LINCOLN ATHLETICS



Jeff Novotny, Activities Director

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Administration
Bridgette Bellows
Cyle Forney
Samantha Ballard
David Price--SAM

Admin. Assistants
Pam Pick
Ann Clinton

Football
John Wolfe

Volleyball
Katie Darrington

Girls Cross Country
Traci Stoop

Boys Cross Country
TBD

Boys Golf
Rob Dittmer

G/B Swimming
Logan Maxwell

Wrestling
Mat Daniels
Adam Manz

Girls Basketball
Chad Schaa

Boys Basketball
Jason Isaacson

B/G Bowling
TBD

Girls Track
Traci Stoop

Boys Track
John Wolfe

Boys Tennis
Myron Wilder

Girls Tennis
Bryan Pregon

Boys Soccer
Jamison Parkhill

Girls Soccer
Robbie Miller

Girls Golf
Jason Smith

Softball
Ryan Koch

Baseball
Brett Elam

Cheerleading
Jordan Hansen

Dance Team
Amber Barr

Abraham Lincoln High School 52nd Annual Cross Country Invitational

Date: Saturday, September 4th, 2021

Location: [Iowa Western Community College](http://www.iwc.edu)
2700 College Rd., Council Bluffs, IA 51503

Please park in the lot between the Fine Arts and Wrestling building in the Northwest corner of campus. The start and finish lines are on the practice football fields.

Schedule:

8:45am	JV Girls (5K)
9:30am	Varsity Girls (5K)
10:00am	Varsity Boys (5K)
10:30am	JV Boys (5K)
11:00am	Awards

Awards: Medals to the top 20 places in each varsity race. Top 20 JV finishers will receive a ribbon. Top 3 varsity teams will also receive a medal. Each team will pick up an awards packet at the conclusion of the meet.

Regulations: IHSAA and IGHSAU

Entries: Please log into the following link <https://www.vbmeets.com/32655>. Please enter your entire roster by Sept 1st at 3pm. Coaches do not need to declare varsity or JV, 7 run Varsity, unlimited JV.

Timing: We will be using FinishLynx as the primary timing/placing system. We will only have one back-up, writing down bib numbers (no tearing of tags). Runners need to leave the finish line area immediately at the conclusion of the race. Please have one coach near the finish chute to help runners that might go down.

Live Results: track.cbsd.org

Entry Fee: \$75.00 for each Varsity team (\$150.00 for both boys and girls). If you have less than 5 runners, \$15.00 per runner. Please send the entry fee to Abraham Lincoln Activities Dept.

Teams:

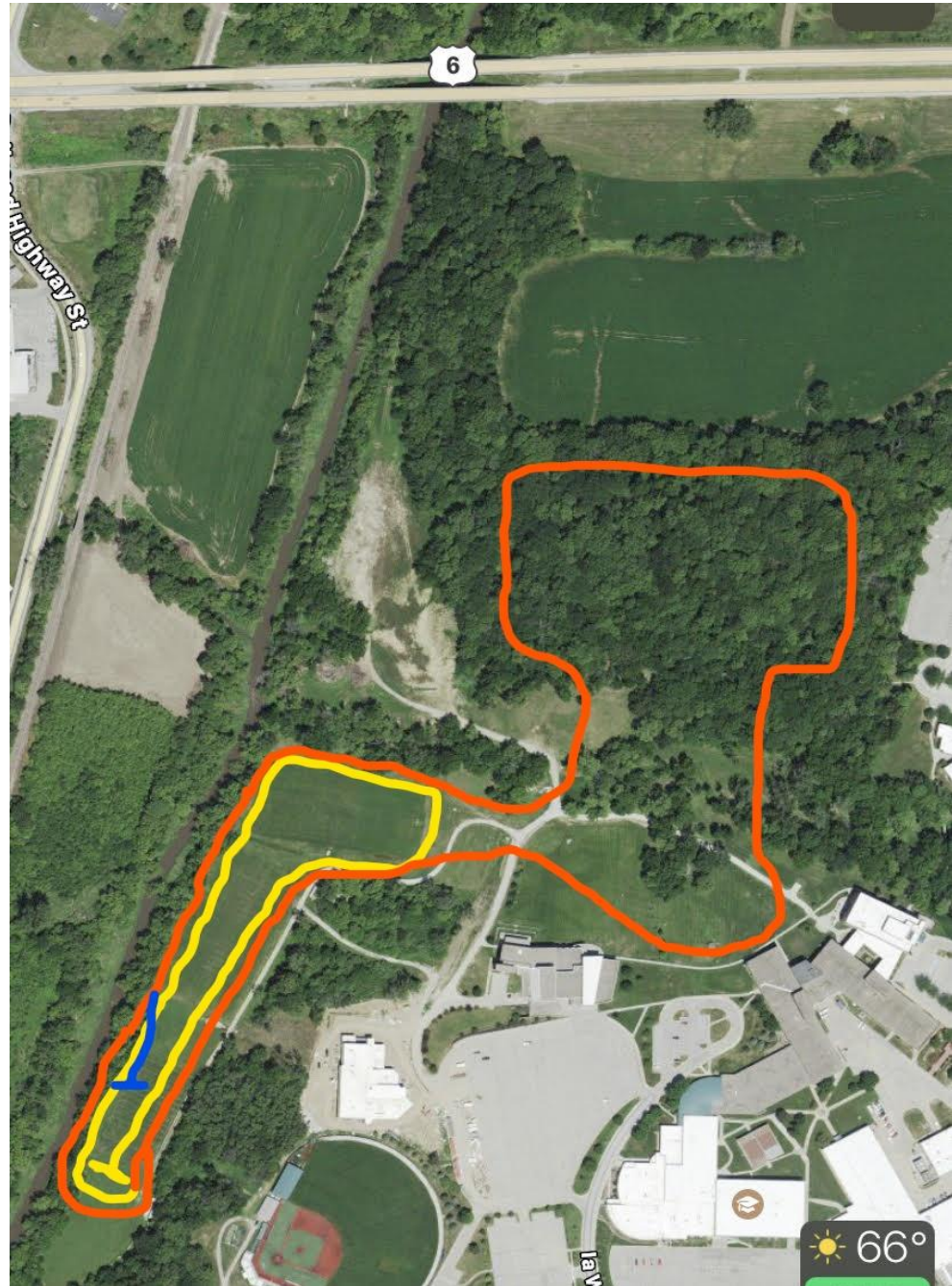
CB AL	CB TJ	Denison-Sch.
Glenwood	Harlan	St Albert
Mo. Valley	LeMars	SE Polk (G)
Heartland Christian	Riverside	



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2021 Course Map



Yellow line--Start line and 1st loop
Orange line--2nd and 3rd loops around the course
Blue line--Finish line on 2nd orange loop.

Questions?

Contact: Jeff Novotny--AD
Boys Coach—Matt Lee
Girls Coach—Traci Stoop

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tstoop@cbsd.org



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