

Girls CC runners to race 5,000 meters in fall

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Things will be equal for girls and boys cross country runners in Iowa, starting this fall.

On Wednesday, the Iowa Girls High School Athletic Union board of directors voted unanimously to extend girls cross country races to 5,000 meters, beginning with the 2015 season.

Boys in Iowa have run the 5,000-meter distance for nearly 30 years. Girls ran 2-mile races until 2002 when the distance was upped to 4,000 meters.