



Columbia Track Club Colts cross country team runs as part of Central Missouri Athletic Circuit (CMAC). All children aged 6-14 are welcome. Practices begin in late August. A \$20 family membership in the Columbia Track Club is the only team cost.

Runners also have the option of joining the CMAC All Stars post season. Additional fees apply.

Colts 2021 Practice Schedule

Date	Time	Location
Monday, August 23	5:00 PM	Stephens Lake
Thursday, August 26	5:00 PM	Cosmo
Monday, August 30	5:00 PM	Stephens Lake
Thursday, September 2	5:00 PM	Cosmo
Thursday, September 9	5:00 PM	Cosmo
Monday, September 13	5:00 PM	Stephens Lake
Thursday, September 16	5:00 PM	Cosmo
Monday, September 20	5:00 PM	Stephens Lake
Thursday, September 23	5:00 PM	Cosmo
Monday, September 27	5:00 PM	Stephens Lake
Thursday, September 30	5:00 PM	Cosmo
Monday, October 4	5:00 PM	Stephens Lake
Thursday, October 7	5:00 PM	Cosmo
Monday, October 11	5:00 PM	Stephens Lake
Thursday, October 14	5:00 PM	Cosmo
Monday, October 18	5:00 PM	Stephens Lake
Thursday, October 21	5:00 PM	Cosmo

CMAC Tentative Meet Schedule

Date	Time	Location
Saturday September 11	10:00 AM	Columbia, MO Beulah Ralph Elementary
Sunday September 19	2:00 PM	Fulton, MO Fulton High School
Saturday September 25	10:00 AM	Paris, MO Paris Fairgrounds
Saturday October 9	10:00 AM	Moberly, MO Rothwell Park
Saturday October 16	10:00 AM	Sedalia, MO Clover Dell Park
Sunday October 24	1:00 PM	Columbia, MO Lange Middle School CMAC Championship

CMAC All Stars Meet Schedule

Date	Time	Location
Sunday November 7	TBA	Fenton, MO Buder Park CCCNYS Regional Championship
Saturday November 20	TBA	Paris, KY Bourbon County Park CCCNYS National Meet

CTC Colts Practice Locations

Stephens Lake Park- Upper parking lot of Broadway entrance. We meet at the sled hill.

Cosmo Park- Main entrance, parking lot east of roundabout, near football fields 1 and 2.



For more information contact Greg and Rachel Blomquist:
CTC.ColtsXC@gmail.com

Sign Up: <https://forms.gle/ZRSkflnY2PNpvNgV9>

