

FALL 2022 YOUTH CROSS COUNTRY

Columbia Track Club Colts cross country team runs as part of Central Missouri Athletic Circuit (CMAC).

All children aged 6-14 (birth year 2008 – 2016) are welcome.



A \$20 family membership in the Columbia Track Club covers all registration fees.

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

PRACTICE LOCATIONS

Stephens Lake:

Upper parking lot. Meet at the top of the sled hill.

Cosmo:

Field C-10 near the skate park.

PRACTICE SCHEDULE

5:15-6:00 on Monday and Thursday

Thursday, August 18 @ Cosmo

Monday, August 22 @ Stephens Lake

Thursday, August 25 @ Cosmo

Monday, August 29 @ Stephens Lake

Thursday, September 1 @ Cosmo

NO PRACTICE MONDAY, SEPTEMBER 5!

Thursday, September 8 @ Cosmo

Monday, September 12 @ Stephens Lake

Thursday, September 15 @ Cosmo

Monday, September 19 @ Stephens Lake

Thursday, September 22 @ Cosmo

Monday, September 26 @ Stephens Lake

Thursday, September 29 @ Cosmo

Monday, October 3 @ Stephens Lake

Thursday, October 6 @ Cosmo

Monday, October 10 @ Stephens Lake

Thursday, October 13 @ Cosmo

Monday, October 17 @ Stephens Lake

Thursday, October 20 @ Cosmo

MEETS

There are typically 6 meets during the season. The first and last meets of the season usually happen in Columbia and will most likely be on Saturday, September 10 and Sunday, October 23.

The rest of the meets will be hosted in other communities throughout central Missouri. For example, during the 2021 season there were meets in Fulton, Moberly, California, and Paris.

UNIFORMS

For meets our team will wear a singlet provided by the Columbia Track Club. There is no charge for singlets but they need to be returned at the end of the season. Runners provide their own shorts. Blue or black shorts are preferable.

CMAC ALL STARS

Runners from all CMAC teams are invited to combine to be part of the regional and national team. The team traditionally runs in a National Qualifier meet and those that qualify have the opportunity to compete nationally at the Cross Country Coaches National Youth Championships.

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

Sign Up via Google Form at <https://tinyurl.com/3yp697jh>