

# FALL 2023 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 2007 - 2015) are welcome. Students running for their middle school team may join when their school season ends.

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:

Next to Antimi Shelter (near the skate park).

## PRACTICE SCHEDULE

5:15-6:00 on Monday and Thursday

Monday, August 14 @ Stephens Lake

Thursday, August 17 @ Cosmo

Monday, August 21 @ Stephens Lake

Thursday, August 24 @ Cosmo

Monday, August 28 @ Stephens Lake

Thursday, August 31 @ Cosmo

**NO PRACTICE MONDAY, SEPTEMBER 4!**

Thursday, September 7 @ Cosmo

Monday, September 11 @ Stephens Lake

Thursday, September 14 @ Cosmo

Monday, September 18 @ Stephens Lake

Thursday, September 21 @ Cosmo

Monday, September 25 @ Stephens Lake

Thursday, September 28 @ Cosmo

Monday, October 2 @ Stephens Lake

Thursday, October 5 @ Cosmo

Monday, October 9 @ Stephens Lake

Thursday, October 12 @ Cosmo

Monday, October 16 @ Stephens Lake

Thursday, October 19 @ Cosmo

## MEETS

There are typically 6 meets during the season. Meets are either held on a Saturday morning or Sunday afternoon. The first and last meets of the season usually happen in Columbia and will most likely be on Saturday, September 9 and Sunday, October 22.

The rest of the meets will be hosted in other communities throughout central Missouri. For example, during the 2022 season there were meets in Fulton, Moberly, Mexico, and Hallsville.

## UNIFORMS

For meets our team will wear a singlet provided by the Columbia Track Club. Runners provide their own blue or black shorts.

## 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](mailto:CTC.ColtsXC@gmail.com)

Sign Up via Google Form at <https://tinyurl.com/mwk4uva3>