

FALL 2024 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 2010-2018) are welcome. Students running for their middle school team may participate after their school season ends.



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

Sign up deadline is August 29.

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 PM on Monday/Thursday

10:00-10:45 AM on Saturday (beginning of season)

Thursday, August 22 @ Cosmo

Saturday, August 24 @ Cosmo

Monday, August 26 @ Stephens Lake

Thursday, August 29 @ Cosmo

Saturday, August 31 @ Cosmo

NO PRACTICE MONDAY, SEPTEMBER 2!

Thursday, September 5 @ Cosmo

Monday, September 9 @ Stephens Lake

Thursday, September 12 @ Cosmo

Monday, September 16 @ Stephens Lake

Thursday, September 19 @ Cosmo

Monday, September 23 @ Stephens Lake

Thursday, September 26 @ Cosmo

Monday, September 30 @ Stephens Lake

Thursday, October 3 @ Cosmo

Monday, October 7 @ Stephens Lake

Thursday, October 10 @ Cosmo

Monday, October 14 @ Stephens Lake

Thursday, October 17 @ Cosmo

Thursday, October 24 @ Cosmo- Team Celebration

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 are tentatively set for Saturday, September 7 (10AM) at Beulah Ralph Elementary in Columbia and Sunday, October 20 (1PM) at the Gans Creek XC Course in Columbia.

The rest of the meets will be hosted in other communities throughout central Missouri. For example, during the 2023 season there were meets in Fulton, Mexico, Moberly, and Paris.

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.

UNIFORMS

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

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

Sign Up via Google Form: <https://tinyurl.com/yc8hwtxn>

