



**Missouri Valley Cross Country Championships**  
**River Oaks Golf Club**  
**14204 St. Andrews Dr.**  
**Grandview Mo. 64030**

**November 12th 2022**

Registration for the meet @ [coachoregistration.com](http://coachoregistration.com)

**Event Cost \$20**

## **Meet Schedule**

**7:30 am Packet Pick-up and Course opens for warm-ups.**

**8:30 am Course Closes for preparations of meet**

**9:00 am 19+ Open/Masters Men & Women 5K**

**9:45 am 15-18 Young Women THEN Young Men 5K**

**10:15 am 13-14 Girls then Boys 4K**

**10:45 am 9-12 Girls 3K**

**11:15 am 9-12 Boys 3K**

**11:45 am 7-8 yr old Girls and Boys 2K**

**Races may be combined**

Any question or concerns please notify meet directors:

**Cornelius Blow**, [pastorblow@icloud.com](mailto:pastorblow@icloud.com), **816-215-7815**

**Danny Butterfield** [ponyexpresstc@yahoo.com](mailto:ponyexpresstc@yahoo.com), **816-261-0888**

This event is licensed by the Amateur Athletic Union of the U.S., Inc.

All participants must have a current AAU membership.

AAU membership may not be included as part of the entry fee to the event.

AAU Youth Athlete membership must be obtained before the competition begins.

**BE PREPARED!** Adults and Non Athletes memberships are no longer instant and cannot be applied for at the event.

Please allow at least 10 days for membership to be processed

Participants **MUST** visit the AAU website, [www.aausports.com](http://www.aausports.com), to obtain their membership.