

Missouri Valley Cross Country Championships



Moila Country Club

701 North Noyes, Saint Joseph, MO.

November 14, 2020

Registration for the meet can be found @ 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

Local and State Covid protocols will be observed

Any question or concerns please notify meet director: **Danny Butterfield**
ponyexpresstc@yahoo.com, Facebook @ Ponyexpress Trackclub, or call 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 are encouraged to visit the AAU website, www.aausports.com, to obtain their membership.