



## Missouri Valley Cross Country Championships

River Oaks Golf Club  
14204 St. Andrews Dr.  
Grandview Mo. 64030

**October 23 2021**

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**

**Local and State Covid protocols will be observed**

Any question or concerns please notify meet director:

**Danny Butterfield** [ponyexpresstc@yahoo.com](mailto: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 **MUST** visit the AAU website, [www.aausports.com](http://www.aausports.com), to obtain their membership.