YES Athletics Sanctioned Event by Central Missouri Athletics Circuit

RUNNING RESOLUTIONS XC CLASSIC

Saturday, October 5
Clover Dell Park – 5301 W. 32nd Street – Sedalia
RunningResolutions@gmail.com for more information about this meet

AGE GROUPS & ORDER OF DAY	DISTANCE	START TIME	RACE DAY INFORMATION
Adults (15 & Older)	2K (1.24 Miles)	9:59am	Staff will begin making announcements about the day and season at 9:45. The adult 2K race will start moments before the optional youth course walk at 9:59 That race will go on during the walk. Register for that race on site at the registration table with any monetary donation. Following the course walk, ages 6-8 2K will begin at 11:00. The following 3K races will start immediately at the conclusion of previous races according to the listed order of day.
Optional Guided Youth Course Walk	All Distances	10:00am	
6-8 Born 2011-2013	2K (1.24 Miles)	11:00am	
13-14 Born 2005-2006	4K (2.49 Miles)	Same time as 8u race	
9-10 Born 2009-2010	3K (1.86 Miles)	Following 8u 2K race	
11-12 Born 2007-2008	3K (1.86 Miles)	Following 9-10 3K race	

Order of races will follow as listed above starting with girls first, then boys unless registration changes dynamics. Based on registration and course limitations, the meet director reserves the right to combine age or gender groups into one race or separate groups out into multiple races. Age is determined by year of birth (as of December 31 of the current year). Each competitor must compete in his/her age division only.

ONLINE REGISTRATION DEADLINE   Wednesday, October 2 by 11:59pm
WALK-UP REGISTRATION DEADLINE   Saturday, October 5 by 9:45am
MEET DAY CHECK IN   8:30am-9:45am. All pre-registered and walk up registrations must go to the registration table to pay entry fee. Once paid, the athlete will receive his/her race number.

ENTRY FEE   YES Athletics Members = $3.00 per athlete   Non-Members = $5.00 per athlete
Bring exact cash. Checks for youth races can made out to Running Resolutions.

ELIGIBILITY & HOW TO ENTER THIS MEET   *Individuals:*   Meet is open to all individuals born in years 2005-2013. Register online at **www.LeagueLineUp.com/CMAC** by going to "Forms", then clicking on "Register for XC Meet", then select the 10/5/19 meet. You will pay at the registration table when you arrive to the meet prior to the announcements and course walk.

CMAC Teams: Your team's head coach or club designee completes your registration unless informed otherwise.

Middle & Jr. High School Cross Country Athletes: Please check with your school coach to determine if you are eligible to participate in this meet prior to registering.

AWARDS   Medals will be awarded to the top 7 individual finishers in each age and gender group. No team awards will be provided at this meet.

For more information about CMAC or if interested in starting a new team in your town: visit us at www.leaguelineup.com, Search Central Missouri Athletics Circuit on Facebook, email us at COMOCMAC@gmail.com, or call (573) 999-3106

RUNNING RESOLUTIONS YOUTH XC CLASSIC
Saturday, October 5
Clover Dell Park – 5301 W. 32nd Street – Sedalia
RunningResolutions@gmail.com for more information about this meet

CLOVER DELL PARK INFORMATION

PARKING   Parking will be available in the parking lot and grass area just north of the start/finish line.

COURSE INFORMATION   A single loop 2K with detours for the 3K. The Clover Dell course is a flat, fast course with minimal elevation change. The course is grass with a few crossings over an asphalt foot path.

RESTROOMS   Restrooms are at the start/finish line. More are north of the course at the soccer fields.

CONCESSIONS   Concessions are not available at this meet. Alcohol and tobacco products are prohibited.

DIRECTIONS   From I-70: Go south on Hwy 65 (Exit 78A) which leads you south towards Sedalia. Drive for approximately 20 miles. Once in Sedalia, Hwy 65 is also called Limit Drive. Turn right on Greenridge, then right (westward) on 32nd. Drive for approximately for 2 ¼ miles, then turn left into the facility.

MORE MEET INFORMATION

TEAM SCORING   Teams must declare at least 5 for a scoring team in each age/gender group. Top 5 runners will score on each team. All teams must be in registered CMAC clubs. All athletes representing the club must be affiliated with and members of that club as part of their YES Athletics membership.

WEATHER   The meet will continue during rain fail. If lightning strikes are spotted, then 30 minute delays will occur. There will be a maximum of 3 delays, a fourth will lead to cancellation of the event.

SPECTATORS   Please be aware of course boundaries and race action. You may stand inside or outside the loop; but look both ways for runners before crossing a painted line. DO NOT cross flagged off areas of the course. DO NOT run along with athletes as it leads to disqualification.

ADULT 2K The adult 2K will start at 9:59 am, right before the course walk. Register at the registration table with any monetary donation. Checks for the adult run shall be made to CMAC. Adults will not receive a guided course walk. Please go over the course yourself prior to your race.

MEET DIRECTOR INFORMATION FOR QUESTIONS   Please contact Dan Bridges for specific information about this meet and the course / property: RunningResolutions@gmail.com or (660) 620-0148.

UPCOMING CMAC MEETS   10/20-Mexico, 10/27-CMAC Championships Meet-Columbia, 11/10-Regional Meet in Garnett, KS, 11/23-National Meet in Hebron, OH
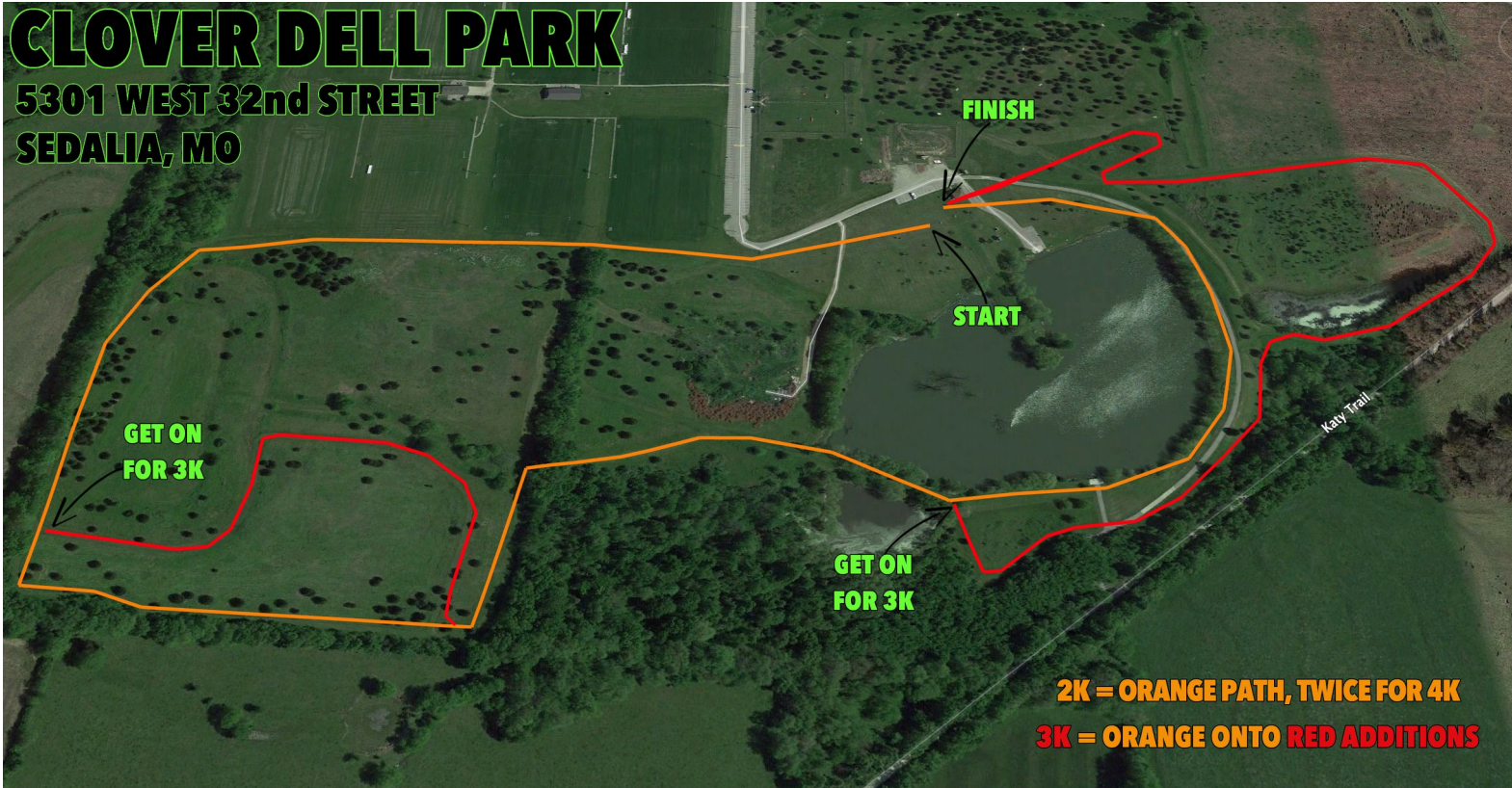
RUNNING RESOLUTIONS YOUTH XC CLASSIC
Saturday, October 5
Clover Dell Park – 5301 W. 32nd Street – Sedalia
RunningResolutions@gmail.com for more information about this meet

CLOVER DELL PARK COURSE MAP

CLOVER DELL PARK
5301 WEST 32nd STREET
SEDALIA, MO

FINISH
START
GET ON FOR 3K
GET ON FOR 3K
Katy Trail

2K = ORANGE PATH, TWICE FOR 4K
3K = ORANGE ONTO RED ADDITIONS

This will be the first meet of the season in which all age groups will run the distances they will run for CCCNYC regionals and nationals. So, 13-14 year olds will move up to a 4K starting at this meet, and for the remainder of the season.

The orange path represents a 2K loop. The 8 & under group will run it once, and the 13-14 year old group will run it twice.

The red additions / detours represent the paths that 3K runners will take from the orange path.

CMAC
CENTRAL MISSOURI ATHLETICS CIRCUIT