



Missouri Valley Cross Country Championships

Missouri Western State University

November 16, 2019

All participants must have a AAU Membership

You can obtain a membership @ www.aausports.org

Registration for the meet can be found @ coachoregistration.com

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**

**Course Marshalls/Volunteers will be available throughout the course.

**Check in will be available throughout the meet for check-in prior to start race.

**Race will start on schedule time, dependent on race paces!

Any question or concerns please notify meet director: **Danny Butterfield

ponyexpresstc@yahoo.com, Facebook @ **Ponyexpress Trackclub**, or call 816-261-0888