



FLASH YOUTH CROSS COUNTRY CLASSIC



Sunday, September 20, 2026

Fulton High School - 1 Hornet Drive – Fulton

FULTONCMAC@gmail.com for more information about this meet

AGE GROUPS & ORDER OF DAY	DISTANCE	START TIME	RACE DAY INFORMATION
Adult 15 and up	2K (1.24 Miles)	1:45 pm	Staff will begin making announcements about the day and season at 1:30. The first race of the day will be the Adult 2k at 1:45 pm. Other races will start according to the listed order of the day.
6-8 Girls Born 2018-2020	2K (1.24 Miles)	2:00 pm	
6-8 Boys Born 2018-2020	2K (1.24 Miles)	After 6-8 Girls 2K	
9-10 Girls Born 2016-2017	3K (1.86 Miles)	After 6-8 Boys 2K	Teams are responsible for guiding their own course walks prior to 2:00. No course walks will be guided by CMAC.
9-10 Boys Born 2016-2017	3K (1.86 Miles)	After 9-10 Girl s 3K	
11-12 Girls Born 2014-2015	3K (1.86 Miles)	After 9-10 Boys 3K	
11-12 Boys Born 2014-2015	3K (1.86 Miles)	After 11-12 Girls 3K	
13-14 Girls & Boys Born 2012-2013	3K (1.86 Miles)	Combined with opposite gender 11-12 3K	

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.

EMAIL REGISTRATION DEADLINE Thursday, September 17 by 11:00pm

WALK-UP REGISTRATION DEADLINE Sunday, September 20 by 1:45pm

MEET DAY CHECK IN 12:30pm-1:45pm. All pre registered and walk up registrations must go to the registration table to pay entry fee. If part of a CMAC team, the coach or a team representative can pay for all athletes on the team at once. Once paid, the athlete will receive his/her race number. This will be your race bib/number all season. Take care of it!

ENTRY FEE YES Athletics / CMAC Members = \$5.00 per athlete Non-Members = \$10.00 per athlete
Please do your best to bring exact cash. Checks can be made to FULTON FLASH. No credit/debit cards accepted.

ELIGIBILITY & HOW TO ENTER THIS MEET **CMAC Teams, *Unattached Athletes* & non CMAC Teams:** Meet is open to all individuals born in years 2011-2019. Register by emailing a spreadsheet in the following form / order:

BIB #	TEAM NAME	FIRST & LAST NAME (same cell)	YEAR BORN	M/F
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If an individual or not on a CMAC team, please enter "Unattached" under team name. You will pay at the registration table when you arrive to the meet prior to the announcements and your course walk if you choose to take one.

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

AWARDS Medals will be awarded to the top 10 individual finishers in each age and gender group.



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FULTON HIGH SCHOOL INFORMATION

PARKING: Please use paved parking lots; and do NOT park on any grass surfaces.

COURSE INFORMATION: This is a 3K and 2K loop course. The course is mostly flat, with some slight hills. It is primarily grass with brief moments of crossing gravel, concrete, asphalt, and finishes on the track. Please wear spikes 3/8" or shorter.

RESTROOMS: Bathrooms are located in the west end of the field house.

CONCESSIONS: There will be concessions at this meet, hot dogs, chips, bottled water, chocolate milk, and shaved ice brought to you by The Frozen Brain. Please bring cash. Be courteous and clean up afterwards. This is school property, so alcohol and tobacco products are prohibited.

DIRECTIONS: From I-70 / Hwy 63 Intersection: Go east on I-70 to exit 148 (County Rd 201/US 54) in Kingdom City. Take US 54 W and continue for about 5 miles. Take Business 54 (N. Bluff) towards Fulton. Turn east onto Hornet Drive.

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 fall. 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.

MEET DIRECTOR INFORMATION FOR QUESTIONS Please contact George Yates for specific information about this meet and the course / property: FultonCMAC@gmail.com or (573) 220-7002.

UPCOMING CMAC MEETS: Sat 9/26-N. Calloway @ Mexico, Sat 10/3-Hannibal, Sun 10/11-Moberly, Sun 10/25-CMAC Championships-Columbia, Sun 11/8-Regional in Grain Valley, MO, Sat 11/22-National Meet in Cedarville, OH.



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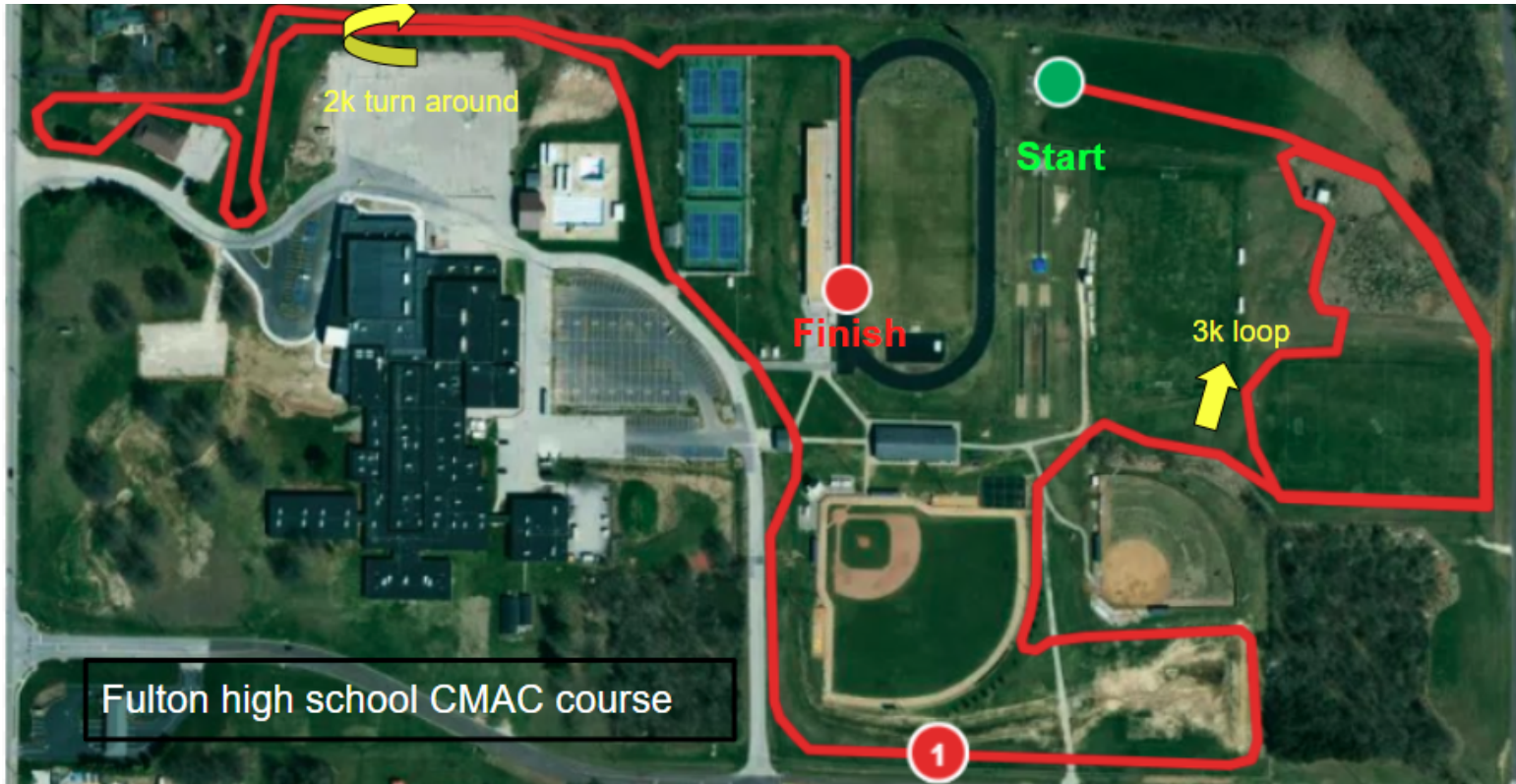


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FULTON HIGH SCHOOL COURSE MAP



All races finish on the track. Please wear spikes 3/8' or shorter.

The 13-14 year olds will move up to a 4K in October, and for the remainder of the season. That will move all age groups to the distances they will run for CCCNYC regionals and nationals.

The 2K group will not run the 3K loop and will turn around at the 2k turnaround spot.

The 3k group will run the 3k loop before resuming the rest of the course.

