

LEGION OF HANNIBAL CROSS COUNTRY CHALLENGE

Saturday, October 3, 2026

Hannibal LaGrange University – 2800 Palmyra Road – Hannibal

CoachAndyLemons@gmail.com for more information about this meet



AGE GROUPS & ORDER OF DAY	DISTANCE	START TIME	RACE DAY INFORMATION
Adult Run (ages 15 & older)	2K (1.24 Miles)	9:45 am	Staff will begin making announcements about the day and season around 9:30. The first race of the day will be the Adult 2K at 9:45. Adults sign up at the registration table with any monetary donation to CMAC. The first youth race of the day will be the Girls 8U 2K at 10:00. Other races will start according to the listed order of the day. Teams are responsible for guiding their own course walks prior to 10:00. No course walks will be guided by CMAC.
6-8 Girls Born 2018-2020	2K (1.24 Miles)	10:00 am	
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	
9-10 Boys Born 2016-2017	3K (1.86 Miles)	After 9-10 Girls 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	4K (2.48 Miles)	After 11-12 Boys 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 Wednesday, September 30 by 10:00pm

WALK-UP REGISTRATION DEADLINE Saturday, October 3 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. If part of a CMAC team, the coach or a team representative can pay for all athletes on the team at once. Athletes then 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 LEGION OF HANNIBAL. No credit/debit cards.

ELIGIBILITY & HOW TO ENTER THIS MEET **CMAC Teams, Unattached Athletes & non CMAC Teams:** Meet is open to all individuals born in years 2012-2020. Register by completing a non-CMAC athlete form at <https://leagues.teamlinkt.com/cmac> or by emailing a spreadsheet in the following form / order,

BIB #	TEAM NAME	LAST NAME, FIRST NAME (same cell)	YEAR BORN	M/F
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or by scanning this QR code, then completing the form.



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.

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



FLASH YOUTH CROSS COUNTRY CLASSIC

Saturday, October 3

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HANNIBAL LAGRANGE UNIVERSITY INFORMATION

PARKING: Please park in the Roland Fine Arts Center parking lot, located as you enter campus through the main entrance. You may also use the Hannibal Middle School parking lot, located on the other side of Palmyra RD.

COURSE INFORMATION: This is a 1K and 2K loop course; and the 4K will be the 2K repeated twice. The course features rolling hills and few paved-road crossings. Approximately 98% of the course is grass, with a well-manicured, clearly defined path throughout.

RESTROOMS: Bathrooms are located in Roland Library directly behind the finish line.

CONCESSIONS: There will be no concessions.

DIRECTIONS: From Columbia, Missouri:

Take US-63 North out of Columbia toward Moberly. Continue on US-63 North through Moberly and toward Macon. Near Moberly, follow signs for US-36 East toward Hannibal.

Continue east on US-36 toward Hannibal. Take the appropriate exit for US-61/Palmyra Road and follow Palmyra Road toward Hannibal-LaGrange University.

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 Andy Lemons for specific information about this meet and the course / property. **CoachAndyLemons@gmail.com**

UPCOMING CMAC MEETS: Sunday, 10/11 – Moberly

Sunday, 10/25-CMAC Championships Meet-Columbia

Sunday, 11/8-MO Valley Regional Meet-Grain Valley

Saturday, 11/21-National Meet-Cedarville, OH