

YES Athletics Sanctioned Event by Central Missouri Athletics Circuit

MOBERLY MOTION CROSS COUNTRY CLASSIC

Sunday, October 11

Rothwell Park – US HWY 24 – Moberly

Moberlymotion@gmail.com for more information about this meet

<u>AGE GROUPS & ORDER OF DAY</u>	<u>DISTANCE</u>	<u>START TIME</u>	<u>RACE DAY INFORMATION</u>
Adult/Coach Race (15+)	2K (1.24 Miles)	1:45pm	Please register by 1:30pm for the parent/coach 2K
6-8 Girls Born 2016-2018	2K (1.24 Miles)	2:00 pm	Staff will begin making announcements about the day and season at 1:30pm. The first race of the day will be the Girls 8U 2K & Boys 13-14 4K at 2:00. Other races will start according to the listed order of the day.
6-8 Boys Born 2016-2018	2K (1.24 Miles)	After 6-8 Girls 2K	
13-14 Girls & Boys Born 2010-2011***	4K (2.48 Miles)	Combined with opposite gender 6-8 year old 2K***	
9-10 Girls Born 2014-2015	3K (1.86 Miles)	After 6-8 Boys 2K	
9-10 Boys Born 2014-2015	3K (1.86 Miles)	After 9-10 Girl s 3K	Teams are responsible for guiding their own course walks prior to 1:00. No course walks will be guided by CMAC or Moberly Motion.
11-12 Girls Born 2012-2013	3K (1.86 Miles)	After 9-10 Boys 3K	
11-12 Boys Born 2012-2013	3K (1.86 Miles)	After 11-12 Girls 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 / TEAM SPREADSHEET REGISTRATION DEADLINE Thursday, October 8 by 10:00pm

WALK-UP REGISTRATION DEADLINE Sunday, October 11 by 1:00Pm

MEET DAY CHECK IN 12:30pm-1:30pm. 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 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 MOBERLY MOTION. No cards accepted.

ELIGIBILITY & HOW TO ENTER THIS MEET **CMAC Teams, *Unattached Athletes & non CMAC Teams*:** Meet is open to all individuals born in years 2010-2018. Register by emailing a spreadsheet in the following form / order:

TEAM NAME	LAST NAME, FIRST 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 15 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**



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ROTHWELL PARK INFORMATION

PARKING: Please use paved parking lots; and DO NOT park on any grass surfaces. Parking can be found at the Municipal Pool across the roadway. Additional parking is further down US HWY 24 at Howard Hills Athletic Complex. **DO NOT PARK ALONG ROTHWELL PARK ROAD!!!**

COURSE INFORMATION: This is a 3K and 2K loop course that can be repeated if needed for a 4K race. The course is mostly flat, with some slight hills. It is primarily grass with brief moments of crossing gravel, concrete, asphalt, and a well designated and cleared path through the woods.

RESTROOMS: Bathrooms are located at the south end of the ball fields near Thompson Campground; at the top of the entry road near the pool parking lot. Additional bathrooms can be found in Rothwell Park Lodge, please be considerate to keep them clean for park staff.

CONCESSIONS: There will be concessions at this meet. Be courteous and clean up afterwards. This is public property, so alcohol and tobacco products are prohibited. This is a non-smoking facility/park.

DIRECTIONS: From Hwy 63 / US Hwy 24 Intersection: Go west on US Hwy 24 for about 5 miles. The entry to Rothwell Park along with the course is at the Municipal Pool Entrance. Additional Parking is another 0.25 miles down US HWY 24 at Howard Hills Athletic Complex with access via paved walking path.

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. There is also seating inside the stadium where a finish is located. **DO NOT run along with athletes as it leads to disqualification.**

ADULT (15+) 2K RACE: Register at the table by 1:30; and any monetary donation gets you in. Race begins at 1:45.

MEET DIRECTOR INFORMATION FOR QUESTIONS Please contact Aaron Decker for specific information about this meet and the course / property: Moberlymotion@gmail.com or (660)-833-7096.

UPCOMING CMAC MEETS:

10/25-CMAC Championships Meet-Columbia

11/8-Regional Meet-Grain Valley

11/22-National Meet-Cedarville, OH



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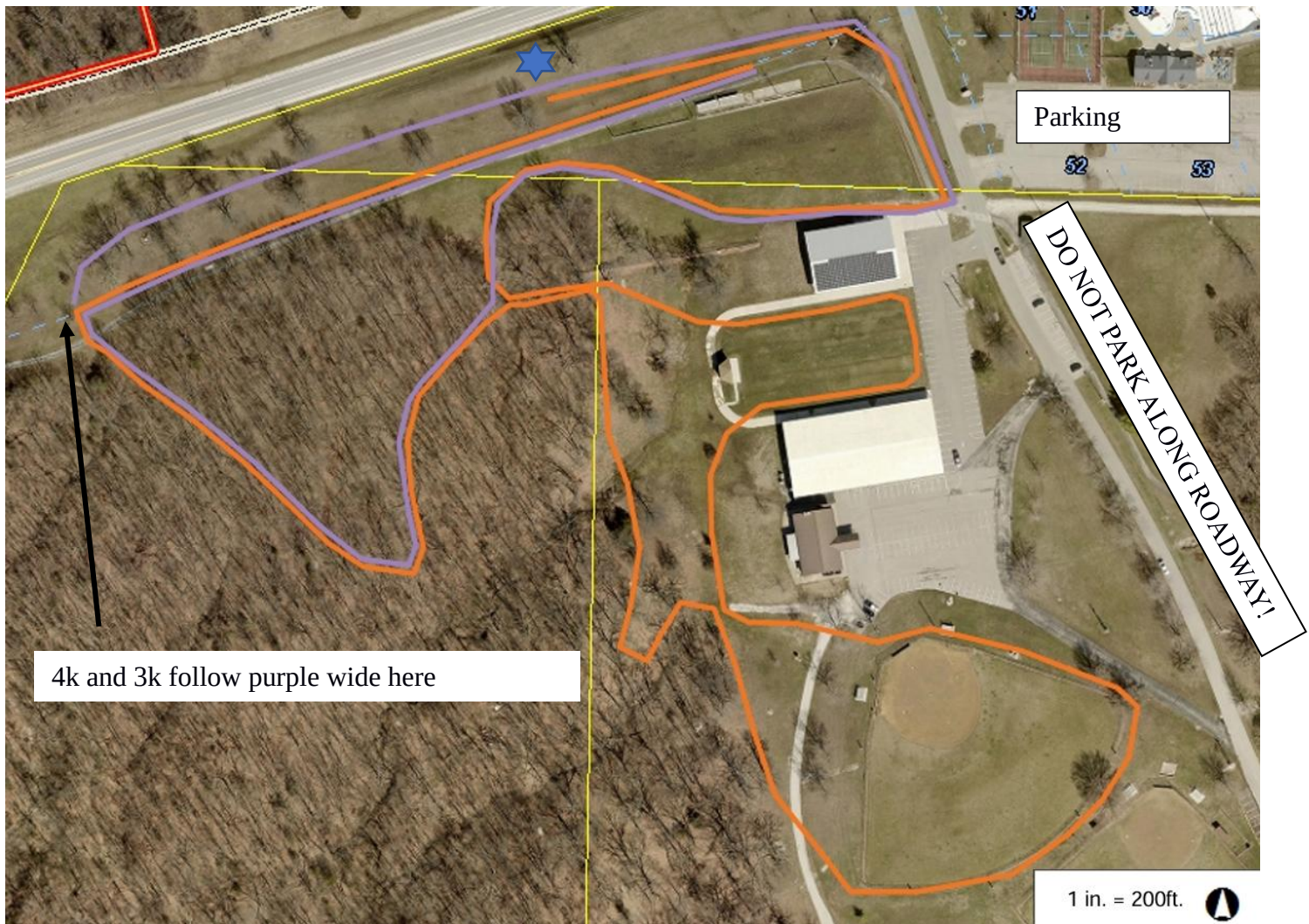


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MOBERLY MOTION COURSE MAP



All races finish on the inside of the fence row.

This is the first 13-14 year olds 4K; and will continue running this distance for the remainder of the season. That will move all age groups to their proper distances.

All age groups will follow the Orange path for first lap, 4k will use the purple path to meet the orange path to repeat orange a 2nd time. 3k will take the purple path to run an extra 1k loop. 2K group will finish on it's only lap.

