

YES ATHLETICS - CROSS COUNTRY



CCCNYS NATIONAL QUALIFYING MEET

- DATE:** Sunday, November 5, 2023
- TIME:** Registration will start at 11:30 am and continue until 3:00 pm with the first race starting at 1:00 pm. A rolling schedule will be followed. The 6 - 8 and 9 & 10 girls and boys will be combined. There will be six total races during the meet. The open course walk will be at 12:20pm.
- LOCATION:** Grain Valley North Middle School; Grain Valley, MO. **ADDRESS:** 31608 E. Pink Hill Rd
Grain Valley, MO 64029
- DIRECTIONS:** Take I-70 to Exit 21 (NE Adams Dairy Parkway) and go north to E. Pink Hill Rd. Turn right and you will see the middle school on your left.
- COURSE INFO:** Rolling hills with excellent footing. Refreshments and restrooms will be available.
- YES-Athletics MEMBERSHIP:** All athletes must have a 2023-24 YES-Athletics Membership Card to participate. This card may be purchased at registration for \$10.
- ENTRY FEE:** \$15 per athlete. **RESULTS:** Official results will be posted at the conclusion of the meet.
- AWARDS:** Individual awards will be awarded to the top 20 finishers in each race in the finish chute.
- NATIONAL QUALIFIERS:** To qualify for the National Meet, an athlete must finish in the top 20 of their individual age group excluding teams or his/her team must finish in the top 3.
- NATIONAL MEET:** The CC Coaches National Youth Championship Meet is November 18th, in Louisville, KY.

AGE DIVISIONS: (GIRLS & BOYS)	RACE LENGTH			
6	Born 2017	2K		
7	Born 2016	2K	8	Born 2015
9	Born 2014	3K	10	Born 2013
11	Born 2012	3K	12	Born 2011
13	Born 2010	4K	14	Born 2009

RACE ORDER: 6-8, 9&10, 11&12, 13&14. Girls first except for the 6-8 and 9&10 girl's and boy's races which will be combined. We will also host an open 800m race for those age 8 & Under at the end of the meet.

MEET HOSTS: Brocaw Blazers

MEET DIRECTOR: Coach David Ramsey
(913) 489-9821

NOTES: You must bring a **copy** of your birth certificate, driver's license, or passport in order to officially enter.

IMPORTANT INFO: There will be no pre-registration. Athletes should be at the meet ready to register at least 90 minutes before their race. A rolling schedule will be followed but each race should take about 25 minutes to complete. This means that the 8&U girls and boys will race at 1 p.m., the 9&10 girls and boys will race at 1:15 p.m. and the 11&12 girls will start around 1:40 p.m. followed by the 11&12 boys at about 2:05 p.m. The 13&14 girls will start around 2:30p.m. and the 13&14 boys will start around 3:00p.m

PLEASE NOTE: ALL DOGS, FOOTBALLS, SOCCER BALLS &/OR FRISBEES WILL NOT BE ALLOWED AT THE MEET DUE TO SAFETY CONCERNS!