



Mudsock Cross Country 2021 Information Sheet



Meijer is pleased to support Mudsock Youth Athletics in its mission of bringing sports to local kids. As a family company, Meijer aims to enrich the lives of families in its community. By sponsoring youth sports programs like Mudsock, Meijer gets to support local kids as they learn valuable life skills, build friendships, get active and, most importantly, have fun!

Program Overview:

We are excited to offer 1st through 12th graders an opportunity to participate in Cross Country for the 2021 fall season. Our focus will be on fitness, fun and training to participate in meets. Cross Country meets will include local meets and the USA Track & Field State Meet held in early November, with the opportunity to advance to Regionals (late November) and Nationals (early December). We will also compete in the YES and IYTA youth xc series. This will be a great introduction to Cross Country or an opportunity to expand and extend the cross country season offered by local schools. The full meet schedule will be available on the league website, which can be found under the program tab at myathletics.com, prior to the season. We encourage athletes to participate in their school cross country programs during the season and run with us once their school program concludes.

Registration:

Open registration runs May 1st – 31st at myathletics.com. After May 31st a \$10 late fee will be applied.

When:

The season runs from September 1st through early November, with Regional and National qualifiers able to compete into December. All ages practice Monday and Thursday's 6 p.m. to 7:30 p.m. and Saturday mornings from 10:00 a.m. to 11:30 a.m.

Where:

Most practices are held at Riverside Intermediate/Junior High School however other locations will occasionally be utilized within the district.

Events:

8 & under - 2000 meters
9 & 10 and 11 & 12-year-olds - 3000 meters
13 & 14-year-olds - 4000 meters
15-18-year-olds - 5000 meters

USATF age groups:

**Age is determined as of December 31st*

8 & under
9 & 10 year-olds
11 & 12 year-olds
13 & 14 year-olds
15 & 16 year-olds
17 & 18 year-olds

Cost:

1st through 12th graders (full season) \$105.00 includes participation in all IYTA sponsored meets.
7th thru 12th graders and high school (half season) \$70.00, includes participation in all IYTA sponsored meets.

Additional Costs:

Athletes will be responsible for all travel plus the costs to enter non-IYTA meets. Please note that membership in USATF/Y.E.S are optional.

Non-Mudsock events fees are approximately \$10.00-\$20.00 per event.

YES membership is \$10.

IYTA membership is at NO cost.

USATF membership is \$20.

Uniforms - There will be NO Uniform Distribution Day. Uniforms and spirit wear will be purchased directly through the vendor via a link. This link will be sent to all registrants via email, in our weekly newsletter and posted on our site. Please note, track and field AND cross country use the same uniforms which can be reused and/or passed down from season to season. Athletes who participated in the 2021 track and field season DO NOT need to purchase a new uniform. It's our goal to minimize the cost as much as possible for your athletes to participate in our league!

Parental Volunteering:

Parents will need to contribute 1-2 hours of volunteer work during each of our 2 home meets.

Refund Policy:

For the fall 2021 season, the refund policy will be as follows:

May 1 – June 15th – Refund after \$32 non-refundable fee

June 16th – July 15th – 50% refund after the \$32 non-refundable fee

July 16th – July 31st – 25% refund after the \$32 non-refundable fee

After July 31st – No refund