



Mudsock Cross Country Fall 2026



As a family-owned company, Meijer aims to enrich the lives of families in the communities we serve and help ensure they are great places to live, work and play. Meijer is honored to partner with Mudsock Youth Athletics in its mission of bringing sports to local kids and support them in learning valuable life skills, building friendships, getting active and, most importantly, having fun!

Program Overview:

We are excited to offer 1st through 12th graders an opportunity to participate in cross country for the 2026 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 programs 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.

Fire Elite:

This year we are proud to once again offer our Fire Elite program. Fire Elite is an invitation only, extension of our Fire program for high-achieving athletes. Athletes who show exceptional effort and performance will be invited to join. Fire Elite athletes will receive personalized training and practice an additional night each week. The league will send invitations through Sports Connect (myathletics.com) to those athletes who meet the standard for Fire Elite. Parents will need to accept their invitation and pay the Fire Elite program fee to be placed on the team. More details regarding performance standards and program fees will follow.

Registration:

Open registration for the fall will be held during the month of May 2026. Registration will be accepted online at myathletics.com. Fall fees will be as follows:

- 1st through 12th graders (full season) \$115.00 includes participation in all IYTA sponsored meets.
- Junior high and high school (half season*) \$80.00, includes participation in all IYTA sponsored meets.
**Applies exclusively to athletes running on school teams, including 6th graders running up on junior high teams. Please contact Mudsock Youth Athletics if this option does not appear as an option for your child.*
*** Beginning June 1st, registration fees will increase and the league may close registration or move divisions to a waitlist at any time. There will be a multi-player discount available for families registering three or more children.*

Refund Policy:

For the fall 2026 season, the refund policy will be as follows:

May 1st – June 15th – Refund after \$50 non-refundable fee

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

July 16th – July 31st – 25% refund after the \$50 non-refundable fee

After July 31st – No refund

Any additional fees incurred for registration completed after May 31st are also non-refundable.

When:

The season runs from early September through early November, with Regional and National qualifiers able to compete into December. All ages practice Mondays and Thursdays from 6 p.m. to 7:15 p.m. and Saturday mornings from 9:00 a.m. to 10:15 a.m. Please note, after daylight savings, practices on Monday and Thursday are moved an hour earlier.

Where:

Most practices are held at Riverside Intermediate/Junior High School, however other locations will occasionally be utilized within the HSE School 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 born 2018+
- 9- & 10-year-olds born 2016-2017
- 11- & 12-year-olds born 2014-2015
- 13- & 14-year-olds born 2012-2013
- 15- & 16-year-olds born 2010-2011
- 17- & 18-year-olds born 2008-2009

Additional Costs:

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

Non-Mudsock events fees are approximately \$10.00-\$20.00 per event. YES membership is approximately \$10.

IYTA membership is at NO cost. USATF membership is approximately \$25.

Uniforms:

Fire is using the same uniforms as last year. If you participated in track or cross country from fall of 2024 or more recent and your uniform still fits you are all set. If you need a new uniform, we will be selling them during practice once the season gets underway. They are \$25 for a singlet and \$25 for shorts, cash or check only. Please watch the emails for updates on when they will go on sale. 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. Spirit wear is encouraged but completely optional.

Adult Volunteering:

Parents/Guardians will need to contribute 1-2 hours of volunteer work during each of our home meets. Thank you!

Connect With Us:

Visit our site trackxc.myathletics.com.

Follow us on [Facebook](#) and [Instagram](#).