



2022 AMC Cross Country Championship Meet
Hosted by Columbia College



Meet Date & Location:

Friday, November 4, 2022
Cosmo Park
1615 Business Loop 70W
Columbia, MO 65202

Coaches Meeting/Schedule of events

9:45 am - Coaches Meeting at the finish line area
10:10 am – National Anthem
10:30 am – Men’s Championship Race
11:30 am – Women’s Championship Race

Course Map

[Aerial View of Course](#) | [22-AMC XC Course Map](#)

Box Assignments

[Click Here](#) to see box assignments

Course preview

The course is a public park and can be previewed at any time. It is currently not lined but will be lined and staked the day before the Championship.

Directions & Parking

Bus parking will be in the parking lot directly south of the start/finish area. Buses should turn right on Schwabe Lane and then left into Cosmo Park. They will then be directed on where to park. After the meet buses will exit Cosmo Park to the west going around the roundabout and south out of the park.

Spectator parking will be allowed in the parking lot directly east of the start/finish area. Spectators should enter the park off Business Loop 70. Taking the first right after entering the park and then head east into parking lot on the left. Spectators will then leave Cosmo Park heading east and making a right on to Schwabe Lane, and right or left onto business loop 70.

Locker rooms

Not available

Restrooms for Athletes & Coaches

Port-a-Potties will be on site

Uniform Rule

The uniform rule, in accordance with NCAA Rule 4 Article 2, will be enforced. Any runner not in compliance with the uniform rule at the start of the race will be disqualified.

Entries

Athlete Entry is through Direct Athletics. [Online Entry](#) [Mens Roster](#) [Womens Roster](#)
Coaches must enter their athletes by: 11:59 pm CT on Wednesday October 26, 2022 (*subject to change pending timeline from the NAIA*)

Timing

TRXC Timing will handle the timing for this meet, results will be on the TRXC Timing and the American Midwest Conference websites.

Results

Results can be viewed and downloaded on the trxctiming.com and [AMC](#) websites.

Entry Fee

TBD

Please make checks payable to: **American Midwest Conference**.
Conference will invoice schools after the meet.

Athletic Training

An Athletic Trainer from Columbia College will be present to handle any Athletic Training needs.

Games Committee for 2022 Cross Country Championship Meet

University of Health Sciences & Pharmacy – Tim Cary

William Woods University – Dan Schwab

Williams Baptist University – Tim Shepard

Central Baptist College – Addy Swaim

Awards

At the start/finish area

A) Runner of the Year, for both men and women, shall be awarded to the individual champion of the Conference meet.

Freshman and Newcomers of the Year, for both men and women, shall be awarded to the highest finisher in the Conference meet that qualifies under the criteria in AMC Bylaw IX Section A.

Coaching Staff of the Year shall be awarded to the coaching staff of the team champion.

B) All-Conference

All-Conference for cross country shall be determined by the placing of the top 10 finishers at the conference meet. Plaques for AMC All-Conference shall be provided by the conference.

C) Champions of Character Team (see Bylaw IX Item D)

Contact Information

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