

Mountain Movers Cross Country Season 2025!

(FALL)

- **RACES/PRACTICES:** you MUST RSVP on sportsyou!!! I will need to register your athlete by deadlines as well as serve them best if I know they are attending practice.
- Please note that we are a competitive run team and focus on goal setting and meet performance standards. YES! We still have fun, but do compete as well.
- Zero Tolerance Policy- abuse, violence, misconduct, harassment and disruptive behavior. Immediate removal of the team without refund.
- Split practices- based on age/distance if needed.
- Please read through all of the information, print and refer to often.
- Please DOWNLOAD the sportyou app for events, locations, times, and more information such as exact parking lots, directions and requirements. <https://www.sportsyou.com/>
- Please do not forget to update your USATF membership or get one and affiliate with Mountain Movers XC. **I cannot register anyone for meets who is not affiliated with us** or who DO NOT HAVE A BIRTH CERTIFICATE VERIFIED. The same for AAU (I will notify you when this is ready).
- Registration 2025 is open for birth years below- but **you must verify their birth certificate** via USATF MEMBERSHIP and renew or purchase a USATF membership the same time you register for MMXC (see steps below) as well as AAU!

2025 USATF youth age groups

- **8 & Under:** Born in 2017, 2018, or 2019
- **9-10:** Born in 2015 or 2016
- **11-12:** Born in 2013 or 2014
- **13-14:** Born in 2011 or 2012
- **15-16:** Born in 2009 or 2010
- **17-18:** Born in 2007 or 2008

REGISTRATION IS NOW OPEN!!!

Steps:

1. Register for MMXC [click](#)
2. Register for USATF MEMBERSHIP AND YOU MUST affiliate with MMXC AND YOU MUST Validate the kids birth certificates!!!! [click](#)
3. Download and accept our invite for the SPORTSYOU app- this is our team app to communicate with on all events, practices, locations, times, etc. [click](#)
4. To participate in AAU [click](#) (coming soon)

Tentative Schedule

- 11/16/2025 Middle School XC Nationals Louisville, KY (MS 10+only) *no qualifier needed
 - 11/22/2025 USATF REGION 6 QUALIFIER Qualifiers for USATF NATIONALS *still pending if needed *OR*
 - 11/22/2025 Cross Country Cross Country Coaches National Youth Championships Knoxville, TN *no qualifier needed
 - 11/29/2025 Cross Country Brooks XC Championships South Regional Charlotte, NC
 - 12/6/2025 Cross Country AAU Nationals Knoxville, TN *no qualifier needed
 - 12/13/2025 Cross Country USATF National Junior Olympic Cross Country Championships *must Qualify Shelbyville, IN
- I am open to taking the team to other meets or even high level 5ks please feel free to let me know of any your kiddo may be interested in.