

Cross Country Schedule August 2025						
◀ Jul 2025						Sep 2025 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
24	25	26	27 Pick Up Try-Out Forms outside Ms. Kolbinson (Rm 225) or Ms. Booth (Rm 248) Return to either room	28 Pick Up Try-Out Forms outside Ms. Kolbinson (Rm 225) or Ms. Booth (Rm 248) Return to either room	29 Pick Up Try-Out Forms outside Ms. Kolbinson (Rm 225) or Ms. Booth (Rm 248) Return to either room	30 Easy Long Run not at school, just for practice at home

September 2025						
◀ Aug 2025						Oct 2025 ▶
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Labour Day No School!	2	3 Practice After School 3:40- 4:50 pm	4	5 Practice 2:15 – 3:45 pm	6 Long Run not at school, just for practice at home
7	8 Practice After School 3:40- 4:50 pm	9	10 Practice After School 3:40- 4:50 pm	11	12 Practice 2:15 – 3:45 pm	13
14	15 Practice After School 3:40- 4:50 pm	16	17 Meet #1 – Canmore Park Start time 4:45 pm Senior Girls First	18	19 Practice 2:15 – 3:45 pm	20
21	22 Practice After School 3:40- 4:50 pm	23	24 Meet #2 – Relay Race @ Bowmont Park Start Time 4:45 pm	25	26 Practice 2:15 – 3:45 pm	27

October 2025						
◀ Sep 2025					Nov 2025 ▶	
Sun	Mon	Tue	Wed	Thu	Fri	Sat
	September 29 NI Day No School Long Run not at school, just for practice at home	September 30 National Day for Truth and Reconciliation	1 Meet #3 – St.Mary's University Start Time 4:45 pm Start with Senior Girls	2	3 Practice 2:15 – 3:45 pm	4
5	6 Practice After School 3:40-4:50 pm	7	8 City's Championship St. Mary's University Start around 12:30 pm with Juniors	9	10 Practice 2:15 – 3:45 pm	11
12 Long Run not at school, just for practice at home	13 Thanksgiving No school	14 Optional Practice After School 3:40-4:50 pm	15	16 Optional Practice After School 3:40-4:50 pm	17	18 Provincial Championship West Bragg Creek
19	20	21 Team Lunch in Room 225	22	23	24	25

Cross Country Itinerary 2025

Sept 17 - Students will find their way to Canmore Park for a 4:45 pm start time, students will end at different times Seniors start first & end with juniors

Sept 24 – Students will find their way to Bowmont Park for a 4:45 pm start time, this is a relay race. The teams would be Girls, Boys and Mixed.

Oct 1 – Students will find their way to St.Mary's University for a 4:45 pm start time, students will end at different times

Oct 8 – Going to St Mary's for 1 pm start time (JG 1 pm, JB 1:30 pm, Para Race 2 pm, IG 2:30 pm, IB 3:15, SG 4 pm, SB 4:45pm)

AIR QUALITY – We need to be flexible with our practice if air quality becomes an issue. We may have to move from practices indoor or cancel them completely.