



SHADOW RIDGE MIDDLE SCHOOL ATHLETICS

ADAMS 12 FIVE STAR SCHOOLS

<https://shadowridge.adams12.org/clubs-activities/athletics>

Shadow Ridge Middle School MS Cross Country – Fall 2025 Schedule

Week 1

Monday, 8/18 – Practice 4:00–5:15 PM

Tuesday, 8/19 – Practice 4:00–5:15 PM

Wednesday, 8/20 – Practice 4:00–5:15 PM

Thursday, 8/21 – Practice 4:00–5:15 PM

Week 2

Monday, 8/25 – Practice 4:00–5:15 PM

Tuesday, 8/26 – Practice 4:00–5:15 PM

Wednesday, 8/27 – Practice 4:00–5:15 PM

Thursday, 8/28 – MEET #1 @ Margaret Carpenter Rec Center

- Boys race: 5:30 PM

- Girls race: 6:05 PM

Week 3

Monday, 9/1 – HOLIDAY / No School

Tuesday, 9/2 – Practice 4:00–5:15 PM

Wednesday, 9/3 – Practice 4:00–5:15 PM

Thursday, 9/4 – Practice 4:00–5:15 PM

Week 4

Monday, 9/8 – Practice 4:00–5:15 PM

Tuesday, 9/9 – Practice 4:00–5:15 PM

Wednesday, 9/10 – Practice 4:00–5:15 PM

Thursday, 9/11 – MEET #2 @ NW Open Space

- Boys race: 5:30 PM
- Girls race: 6:05 PM

Week 5

Monday, 9/15 – Practice 4:00–5:15 PM

Tuesday, 9/16 – Practice 4:00–5:15 PM

Wednesday, 9/17 – Practice 4:00–5:15 PM

Thursday, 9/18 – Practice 4:00–5:15 PM

Week 6

Monday, 9/22 – Practice 4:00–5:15 PM

Tuesday, 9/23 – Practice 4:00–5:15 PM

Wednesday, 9/24 – Practice 4:00–5:15 PM

Thursday, 9/25 – MEET #3 @ Shadow Ridge MS

- Boys race: 5:30 PM
- Girls race: 6:05 PM

Week 7

Tuesday, 9/30 – Practice 4:00–5:15 PM

Wednesday, 10/1 – Practice 4:00–5:15 PM

Thursday, 10/2 – Practice 4:00–5:15 PM

Week 8

Monday, 10/6 – Practice 4:00–5:15 PM

Tuesday, 10/7 – Practice 4:00–5:15 PM

Wednesday, 10/8 – Practice 4:00–5:15 PM

Thursday, 10/9 – District Championship MEET @ Margaret Carpenter Rec Center

- Unified race: 10:00 AM
- Girls race: 10:35 AM
- Boys race: 11:15 AM
- Awards to follow immediately

Rain Out Dates

Meet #1 – Thursday, 9/4

Meet #2 – Thursday, 9/18

Meet #3 – Thursday, 10/2

Meet #4 (District Championship) – Friday, 10/10

- Races at 10:00 AM, 10:35 AM, and 11:15 AM