

Saline HS Boys Cross Country 2025 Practice & Events Schedule

To access the Boys XC Google Calendar and add it to your own, [use this link](#).
For detailed information on competitions, please see the [Race Schedules & Map](#) page.

Mandatory Events are Bolded. When school begins, practice will take place immediately after school.

Jun 16	Summer Conditioning Begins; (2025 registration link - HS Boys - MS Boys)
Jun 30-Jul 6	MHSAA Dead Week: No Summer Conditioning
Jul 14-17	Team Camp at Warren Dunes
Jul 31	Summer Conditioning Ends
Aug 9	Saline Summerfest 5k : Athletes will help or compete if they are in town
Aug 11	Practice Begins: M. thru F, 8:00 a.m., @ XC Weight Room unless otherwise noted
Aug 13	Optional Parent Meeting @ 7:00 p.m.: Hosted Online w/Link in Weekly Email
Aug 13	Senior-Leader Work Day
Aug 15	Time Trial @ 7:00 p.m. (no morning practice)
Aug 16	Donut Dash: 9 a.m. @ Brecon Park (optional family event) - Details & Registration Link
Aug 20 & 21	3:00 p.m. Practice
Aug 22	Saline Campus Invite
Aug 25	First Day of School: All Practices Moved to 3:00 in Team Rooms
Aug 28-Sep 1	Labor Day Weekend: No Mandatory Events on Thur, Fri, Sat, Sun, or Mon
Sep 6	Bath Invite (top 10 athletes only)
Sep 6	Rambling Rock Invite (all athletes outside the top 10)
Sep 9	SEC Jamboree #1; Location TBD
Sep 12	Spartan Invite; (top seven only)
Sep 13	New Boston Huron Invite
Sep 19	Jackson JV Invite for Athletes over 17:30
Sep 20	Jackson Invite for Athletes Under 17:30 (up to ten)
Sep 25 (Thu)	SEC Jamboree #2 at Bedford
Sep 27	Off Weekend: No Mandatory Events
Oct 1	East Lansing Invite for athletes over 18:30
Oct 3	Senior Pancake Day
Oct 4	Portage Invite for Athletes Under 18:30 OR XC Town Twilight
Oct 10	River Rat Open
Oct 16	SEC Championships @ Hudson Mills
Oct 20	Practice for Regional/State Squad Only
Oct 25	Regional Championships for Regional/State Squad Only
Nov 1	State Championships for Regional/State Squad Only
Nov 5	Awards Ceremony at HS Commons & Auditorium
Nov 15	NXR Regional Championships for qualified athletes (Optional and Tentative)

Latest Start Date, Commitment and Absences: If an athlete cannot attend practice on August 11, prior arrangements must be made with the coach and all forms still must be submitted by August 11. Leniency regarding these rules will be allowed for students new to Saline, freshmen, and athletes cut from other sports.

Attendance: Attendance at all practices and competitions is mandatory. Absences beyond what is allowed for in the team rules will make an athlete ineligible for a varsity letter or will result in removal from the team.

Two-Sport Athletes: Freshmen and sophomore athletes that run cross country and play soccer that declare cross country as their primary sport will be allowed flexibility in their XC practice schedule.