

AUGUST 2025

BOYS AND GIRLS CROSS COUNTRY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18 First Day of Practice 3:00 - 5:15 Meet at the track	19 Practice 3:00 - 5:15	20 Practice 3:00 - 5:15	21 Practice 4:00 - 6:00 The reason for later start is the Staples coaches meeting at 3:00.	22 Practice 3:00 - 5:15	23 Practice at Compo Beach B:10:00 - 12:00 G:9:00-11:00 Road Runners 9.3 Mile Race
24 On Your Own	25 Practice 3:00 - 5:15 1 Mile Trials	26 Practice 3:00 - 5:15	27 Practice 3:00 - 5:15	28 Practice 3:00 - 5:15	29 Practice 3:00 - 5:15	30 Practice B:10:30 - 12:30 G:9:00-11:00 Road Runners 10 Mile race

31

On Your Own

SEPTEMBER 2025
BOYS AND GIRLS CROSS COUNTRY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
August 31 On Your Own	1 B: Practice 10:00 - 12:00 G: Practice 9:00-10:30 Labor Day No School	2 Practice 3:00 - 5:30 Blue vs White 2 Mile Trials	3 Practice 3:00 - 5:30	4 Practice 3:00 - 5:30	5 Practice 3:00 - 5:30	6 Practice 9:00 - 1130 Parent Meeting @9:00 AM track bleachers
7 On Your Own	8 Practice 3:00 - 4:45 Followed by Pasta Dinner	9 Rdg. Cntl. Wlt. @ Wilton 4:00 PM Bus @ 2:00	10 Practice 3:00 - 5:30	11 Practice 3:00 - 5:30	12 Practice 3:00 - 5:30	13 Wilton Inv. @ Wilton (Allen's Meadow) @ 9:00 AM Bus @ 7:00AM
14 On Your Own	15 Practice 3:00 - 4:45	16 Wrd. Trm. Grn. @ Staples 4:00 PM Set Up @ 3:00	17 Practice 3:00 - 5:30	18 Practice 3:00 - 5:30	19 Practice 11:30 - 1:30 Early Dismissal Staff Devel Day	20 Practice B:10:00 - 12:30 G: Winding Trails Inv
21 On Your Own	22 Practice 3:00 - 5:30	23 On Your Own Rosh Hashanah	24 Dnb. Stm. Lud. @ Staples 4:00 PM Set Up @ 3:00	25 Practice 3:00 - 5:30	26 Practice 3:00 - 4:45 Followed by Pasta Dinner	27 Bowdoin Park Inv. Wappinger Falls, NY @ 10 AM, Bus 6:30
28 On Your Own	29 Practice 3:00 - 4:45	30 Nor. McM. N.C. @ New Canaan (Waveny Park} 4:00 PM Bus @ 2:00				

OCTOBER 2025

BOYS AND GIRLS CROSS COUNTRY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Practice 3:00 - 5:30	2 On Your Own No Practice Yom Kippur	3 Practice 3:00 - 5:30 Nonnewaug Inv. @ N.H.S. Woodbury 3:30 Bus @12:45	4 Practice B:10:00 - 12:30 G:9:00-11:00 Great American XC Fest. (B) - TBA
5 On Your Own	6 Practice 3:00 - 4:45	7 St.J. Dar. Whl. @ Westhill (TBA.) 4:00 Bus @ 1:45	8 Practice 3:00 - 5:30	9 Practice 3:00 - 5:30	10 Practice 3:00 - 5:30	11 Wickham Park Inv. @ Wick. Pk. 9:50 Bus @ 6:45 & 9:30 AM
12 On Your Own	13 Practice 3:00 - 5:30	14 Practice 3:00 - 4:45 Followed by Pasta Dinner	15 FCIAC Ch. @ Waveny Park, N.C. 2:00 Bus @ 11:30	16 Practice 3:00 - 5:30 FCIAC Ch. Rain Date	17 Practice 1:00 - 3:30 Early Dismissal Staff Devel Day	18 Practice B:10:00 - 12:30 G:9:00-11:00
19 On Your Own	20 Practice 3:00 - 5:30	21 Wilton JV Inv. 4:00, Bus @ 2:15, Var. & Fr. Practice @ 3:00	22 Practice 3:00 - 5:30	23 Dnb. Fr. Inv. 4:00, Bus @ 1:45, Var. & JV Practice @ 3:00	24 Practice 3:00 - 4:45	25 CIAC LL Ch. @ Wickham Pk. 10:10 AM Bus @ 6:50 AM
26 On Your Own	27 Practice 3:00 - 5:30	28 Practice 3:00 - 5:30	29 Practice 3:00 - 5:30	30 Practice 3:00 - 4:45	31 CIAC Open Ch @ Wickham Pk. 10:00 AM Bus @ 6:50	
IMPORTANT	BOYS NOTICE:	RETURN AND VOTE	UNIFORMS FOR 2025	AS SOON AS CAPTAINS	YOU FINISH AT LADDIE'S	COMPETING OFFICE.

NOVEMBER 2025
BOYS AND GIRLS CROSS COUNTRY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Practice B:10:00 - 12:30 G:9:00-11:30
2 On Your Own	3 Practice 3:00 - 5:30	4 Practice 3:00 - 5:30 No School Election Day Staff Dev. Day	5 Practice 3:00 - 5:30	6 Practice 3:00 - 5:30	7 N.E. Travel Day Bus @ TBA Practice 3:00 - 4:45 at N.E. site.	8 New Eng. Ch. @ Thetford Academy Thetford, VT@ 11:30AM
9 On Your Own IMPORTANT: HAVE YOU	10 NXR Practice RETURNED	11 NXR Practice YOUR	12 NXR Practice UNIFORM AND	13 NXR Practice VOTED FOR	14 NXR Practice CAPTAINS?	15 Tentative Awards Banquet Sat. 11/16 Or Sun, 11/17
16 Tentative Awards Banquet Sat. 11/16 Or Sun, 11/17	17 NXR Practice	18 NXR Practice	19 NXR Practice	20 NXR Practice	21 NXR Practice	22 NXR Northeast Regional Ch. @ Bowdoin Pk. TBA
23	24	25	26 Pequot Road Race, Set Up Wakeman 2:00 & 5:00 PM	27 Pequot Road Race, Help with Race 7:00 AM and Clean Up 9:30 AM	28	29