

Vista Nation Middle School Fall XC 2026

Step 1: Complete this [FORM](#) (Let me know which races you'll be at)

Step 2: Complete the [registration](#) (Halfway down the page on the right)

We will meet twice a week to work on endurance and speed for distance running. Special attention will be on distances over two miles as most of our races will be in the 3-4 kilometer range. We will be participating in invitationals that include junior high/middle school races--most races are ten or more teams! When we are traveling off campus, you will need to carpool to and from events. Registration is \$150 and covers your training days, Mustang Invitational, Goddard's Viking Challenge, Windjammer XC Festival, and Colorado MS State registrations.

Divisions are mostly the same as the DCSD season. 6th/7th/8th graders race together by gender. In some races, we place the top 7 of each gender in the A race. All other runners will be in the B race/Open race.. This is always fluid and determined by race times and health.

When will we meet?

- **Practice/Monday, Sept. 14 2:45-4:25**
- **Practice/Wednesday, Sept. 16 2:45-4:25**
- **Mustang Invitational 2 Mile Friday, Sept. 18, Colorado Academy. Girls at 4pm, Boys 4:30, Awards 5:15 - DEADLINE for race confirmation 9/14**
- **Practice/Tuesday, September 22, 2:45-4:25**
- **Goddard Viking Challenge 3K Thursday, Sept. 24 Goddard MS, Boys A 4:30, Girls A 4:50, Boys B 5:10, Girls B 5:30, Awards Follow (I have conferences at MRMS. A parent is needed to manage at the race). DEADLINE for race confirmation 9/18**
- **Colorado Coyotes Invitational/Sunday, Sept. 27** (This race is not covered in your club fee--there is a separate family registration) - [LINK](#)
- **Practice/Tuesday, September 29, 2:45-4:25**
- **Practice/Thursday, October 1, 2:45-4:25**
- **Windjammer XC Festival 3K, Englewood HS/Saturday, October 3, 11:00 Girls, 11:30 Boys - DEADLINE for race confirmation 10/1**
- **Practice/Monday, October 5, 2:45-4:25**
- **Practice/Wednesday, October 7, 2:45-4:25**
- **Spectator Event: Thursday, October 8, 4:30 Visa Nation 1-mile elementary school races**
- **Elevated Distance Sunday, Oct 11** (This race is not covered in your club fee--there is a separate family registration) - [LINK](#)
- **Fall Break October Practices on your own!**
- **We will practice all week before State: Oct. 19-23, 2:45-4:25**
- **Colorado State MIDDLE SCHOOL XC CHAMPIONSHIPS (2.175 Miles) Saturday. Oct. 24, Fehringer Ranch Park, Lakewood, 12:00 Girls Open, 12:45 Boys Open, 1:30 Girls Championship, 2:15 Boys Championship, 2:45 Individual and Team Awards. DEADLINE for race confirmation 10/11**
- **Spectator Event: Colorado HS State Cross Country Championships (as spectators), Sat. Oct. 31, Norris Penrose Center, Colorado Springs**

For questions, contact Jeremy Estell (jkestell@dcsdk12.org)