Cross Country Overview 2026

Summer Training:

	M	T	W	Th	F
June 15-19	AHS 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	Nature Center 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	
June 22-26	AHS 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	Nature Center 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	
June 29-July 3	AHS 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	Nature Center 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	**Daren Dash**
July 6- 10	**No Contact Week**				
July 13-17	AHS 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	Nature Center 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	
July 20-24	AHS 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	Nature Center 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	
July 27-31	AHS 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	Nature Center 8:30-10 AM	Ellis Lift & Run 6:30-7:30 PM	
Aug 3-8	**No Contact Week**				
Aug 10-14	**No Contact Week**				

Important Dates:

- **August 17th:** Official Practice Start Date
- **August 18th:** Tentative Parent Meeting
- **August 19th:** First Day of School
- **August 20-22nd:** Cross Country Camp, Lanesboro Minnesota
- **November 8th:** Banquet

2026 Meet Schedule (SUBJECT TO CHANGE)

September 2nd: Stewartville

September 10th: Montgomery

September 17th: Apple Jack Invite, Lakeville

September 22nd: Lake City Invite

September 29th: Mankato West Invite

October 2nd-3rd: Wartburg Invite (Varsity Only)

October 8th: Ev Berg Invite (Owatonna)

October 13th: Home SPAM Invite

October 20th: Big 9 Conference Meet

October 29th: Sections

November 7th: State Meet