



ELDER GROVE

CROSS COUNTRY

AUGUST 2026



Every Mile Matters.

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	19	20	21	22
23	24	25  7-8 am Practice	26  7-8 am Practice	27  7-8 am Practice	28  7-8 am Practice	29
30	31  3:30pm Practice Kick/speed training					



PRACTICE

Practice Times Vary
See Calendar



EARLY-OUT WEDNESDAY

Practice
3:00–4:30 PM



MEET

Meet Day
Times Vary



OFF-SITE PRACTICE

Practice at
Alternate Location



NO PRACTICE

No Practice
(Holiday)

R U N W I T H P U R P O S E . | F I N I S H W I T H H E A R T . | # E G X C



ELDER GROVE

CROSS COUNTRY

SEPTEMBER 2026



Every Mile Matters.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 3:30pm Practice 2 mile run	2 3pm Practice Off-site Hill Day Rim Point Park	3 3:30pm Practice 2 mile run	4 3:30pm Practice Mobility stations	5
6	7 3:30pm Practice Kick/speed training	8 3:30pm Practice 2 mile run	9 3pm Practice Off-site Hill Day Rim Point Park	10 3:30pm Practice 2 mile run	11 3:30pm Practice Mobility stations	12
13	14 3:30pm Practice Light run training	15 4:45 Meet Castle Rock Park 4pm Arrival	16 3pm Practice Light run training	17 3:30pm Practice 2 mile run	18 3:30pm Practice Mobility stations	19
20	21 3:30pm Practice Kick/speed training	22 3:30pm Practice Off-site Hill Day Rim Point Park	23 3pm Practice Light run training	24 4:45 Meet Pioneer Park 4pm Arrival	25 TBD Off site practice day	26
27	28 3:30pm Practice Kick/speed training	29 3:30pm Practice Off-site Hill Day Rim Point Park	30 3pm Practice Light run training			

PRACTICE
Practice Times Vary
See Calendar

**EARLY-OUT
WEDNESDAY**
Practice
3:00–4:30 PM

MEET
Meet Day
Times Vary

OFF-SITE PRACTICE
Practice at
Alternate Location

NO PRACTICE
No Practice
(Holiday)

R U N W I T H P U R P O S E . | F I N I S H W I T H H E A R T . | # E G X C



ELDER GROVE

CROSS COUNTRY

OCTOBER 2026



Every Mile Matters.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 11am Meet Amend Park 10am Arrival 3:30pm Practice Light run training	2 3:30pm Practice Light run training	3
4	5 3:30pm Practice 2 mile run	6 3:30pm Practice Off-site Hill Day Rim Point Park	7 3:30 Practice Light run training	8 4:45 Meet Pioneer Park 4pm Arrival	9 3:30 Practice Light run training	10
11	12 3:30 Practice Light run training	13 4:45 Meet Castle Rock Park 4pm Arrival	14	15	16	17
18	19	20 Banquet 6pm Middle School Commons	21	22	23	24
25	26	27	28	29	30	31



PRACTICE

Practice Times Vary
See Calendar



EARLY-OUT WEDNESDAY

Practice
3:00–4:30 PM



MEET

Meet Day
Times Vary



OFF-SITE PRACTICE

Practice at
Alternate Location



NO PRACTICE

No Practice
(Holiday)

RUN WITH PURPOSE. | FINISH WITH HEART. | #EGXC