

2026 Cross Country Schedule

Day	Date	Event	Teams & Location	Time
Mon.	Aug. 24	Intro/Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Tues.	Aug. 25	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Wed.	Aug. 26	No Practice		
Thurs.	Aug. 27	Practice	Fremont Middle & Elementary Field	2:45 PM - 4:00 PM
Mon.	Aug. 31	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Tues.	Sept. 01	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Wed.	Sept. 02	No Practice		
Thurs.	Sept. 03	Meet	Aptakisic - Fremont - Woodlawn @ Woodlawn	4:00p
Mon.	Sept. 07	No School		
Tues.	Sept. 08	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Wed.	Sept. 09	No Practice		
Thurs.	Sept. 10	Meet	Fremont - Twin Groves - Woodlawn @ Woodlawn	4:00p
Mon.	Sept. 14	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Tues.	Sept. 15	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Wed.	Sept. 16	No Practice		
Thurs.	Sept. 17	Meet	Fremont - West Oak - Daniel Wright @ Fremont	4:15p
Mon.	Sept. 21	No School		
Tues.	Sept. 22	Meet	Fremont - Carl Sandberg - West Oak @ Fremont	4:15 p
Wed.	Sept. 23	No Practice		
Thurs.	Sept. 24	Meet	MHS Invite @ Diamond Lake Sports Complex FMS transportation to event Parents MUST provide transportation home	4:00p
9/28 - 10/1	9/28 - 10/1		MAKE UP WEEK Non-Con Opp.	
possible reschedule - emailed		Meet	Aptakisic - Fremont - Twin Groves @ Twin Groves	
Mon.	Oct. 5	Meet	Patriot Conference Meet @ Woodlawn	4:00p
Tues.	Oct. 6	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Wed.	Oct. 7	No Practice		
Thurs.	Oct. 8	Practice	Fremont Middle & Elementary Field	2:45 PM - 5:00 PM
Sat.	Oct. 10	Meet	IESA Sectional @ TBA No Fremont Transportation	TBA
Mon.	Oct. 12	No Practice		
Tues.	Oct. 13	Practice	Practice for Qualifiers @ Fremont Middle & Elementary Field	TBD
Wed.	Oct. 14	No Practice		
Thurs.	Oct. 15	Practice	Practice for Qualifiers @ Fremont Middle & Elementary Field	TBD
Sat.	Oct. 17	Meet	IESA State @ Normal, IL No Fremont Transportation	TBA