

2025 Ocon Flock Cross Country Schedule

August 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 8-10 am @ NHI *HS Practice official start, MS welcome but not required	19 8-10 am @ NHI Uniform Handout	20 8-10 am @ NHI	21 8-10 am @ NHI	22 8-10 am @ NHI	23 On Your Own + Written Reflection in Google Classroom (for HS)	24 Off: Rest
25 3:15-5:00 @ NHI	26: OHS Open House 4-6 @ NHI	27 3:15-5:00 @ NHI	28: HS MEET Arrowhead Glow Race (HS girls only) Bus @ 6:00 p.m.	29 On Your Own	30 On Your Own + Written Reflection in Google Classroom (for HS)	31 Off: Rest

Bring Every Day!

- Running shoes, Clothes for all weather, Water bottle, Refueling snack

Running Locations

- Oconomowoc High School Track:** 641 E Forest Drive: Drop off/park in South Lot (near track/stadium)
 - Always assume practice is at NHI! On school days, if practice is at a different location we will provide transportation from and back to school.
 - Meet Days: Bus leaves from behind field house (between field house and PDC)
- Nature Hill Intermediate Trails:** 850 Lake Drive: Drop off/park behind school near basketball hoops/gym
- Nashotah Park Trails:** Drop off/park at Park N' Ride on corner of Hwy 16 and Hwy C
- Bike Doctor Trail:** 105 N Main St, Dousman - park across the street to access the Glacial Drumlin Trail
- Bender Beach:** 910 N Lake Road: Drop off/park on streets (Forest Drive, Pine Street) or at Our Savior's Church Parking Lot on the corner of Greenland and Lisbon
- Boardwalk:** Drop off/park in Fowler Lake Lot (behind Roots, Chase Bank, etc.) and meet near pier behind Roots
- Chapman Park:** End of Oconomowoc Parkway: We'll be running on the Lake Country Trail and/or the Chapman loop. Drop off/park in small lot past Western Lakes Fire District Pabst Farms Location.

2025 Ocon Flock Cross Country Schedule

September 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1: Labor Day Practice: On Your Own	2: First Day of School (Grades 6-9) 3:15-5:00 @ NHI *MS Practice Official Start	3: First Day of School (Grades 10-12) 3:15-5:00 @ NHI	4 3:15-5:00 @ NHI	5 3:15-5:00 @ NHI	6: HS MEET UW-Parkside HS Bus @ 6:30 a.m. from OHS	7 Off: Rest
8 3:15-5:00 @ NHI	9 3:15-5:00 @ NHI	10 3:15-5:00 @ NHI	11 3:15-5:00 @ NHI	12 3:15-5:00 @ NHI	13: MS & HS MEET SPASH Invite @ Standing Rocks HS Bus @ 6:30 a.m. from OHS	14 Off: Rest
15 3:15-5:00 @ NHI	16 3:15-5:00 @ NHI	17 3:15-5:00 @ NHI	18 3:15-5:00 @ NHI	19: Homecoming Athlete's Choice: 6-7 am @ OHS or 3:15-4:15 pm @ NHI	20: MS MEET Elkhorn Invite HS: On Your Own	21 Off: Rest
22 3:15-5:00 @ NHI	23 3:15-5:00 @ NHI	24 3:15-5:00 @ NHI	25 3:15-5:00 @ NHI	26:	27: HS MEET Midwest Invite @ Blackhawk Golf Course HS Bus @ 6:25 a.m.	28 Off: Rest
29 3:15-5:00 @ NHI	30 3:15-5:00 @ NHI					

2025 Ocon Flock Cross Country Schedule

October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4: MS & HS MEET Middleton Invite @ Glacier Creek MS HS Bus @ 6:30 a.m.	5 Rest
6 3:15-5:00 @ NHI	7 3:15-5:00 @ NHI	8 3:15-5:00 @ NHI	9 3:15-5:00 @ NHI	10 3:15-5:00 @ NHI	11: HS MEET C8 Conference Meet @ Mukwonago Bus @ 7:30 a.m. *End of JV Season*	12 Rest
13: No School (PD) 3:15-5:00 (Sectionals Racers & Alternates Only) @ NHI	14 3:15-5:00 (Sectionals Racers & Alternates Only) @ NHI	15 3:15-5:00 (Sectionals Racers & Alternates Only) @ NHI	16 3:15-5:00 (Sectionals Racers & Alternates Only) @ NHI	17: MS MEET Waukesha County Championships *HS Work Meet* *End of MS Season*	18 On Your Own (Sectionals Racers & Alternates Only)	19 Rest
20 3:15-5:00 (HS Sectionals Racers & Alternates Only) OHS	21 3:15-5:00 (HS Sectionals Racers & Alternates Only) OHS 6:00:	22 3:15-5:00 (HS Sectionals Racers & Alternates Only) OHS	23 3:15-5:00 (HS Sectionals Racers & Alternates Only) OHS	24: No School 8-10 (HS Sectionals Racers & Alternates Only) OHS	25: HS MEET Sectional Meet @ TBD Vans @ TBD	26 Rest
27 3:15-5:00 (State Qualifiers Only) OHS	28 3:15-5:00 (State Qualifiers Only) OHS	29 3:15-5:00 (State Qualifiers Only) OHS	30 3:15-5:00 (State Qualifiers Only) OHS	31 WIAA State Meet Travel Day Vans @ TBD Pre-meet in Stevens Point	1 WIAA State Meet @ Ridges in WI Rapids	2