

2026 Ocon Girls Cross Country Schedule

Google Classroom: tmxf3b | Specific weekly schedules published Sunday before the upcoming week.

Bring Every Day: Running shoes, Clothes for all weather, Water bottle, Refueling snack

Calendar in draft mode! Tentative dates *in red italics*.

August/September 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
17 8-10 am @ NHI *HS Practice official start MS welcome but not required	18 8-10 am @ NHI	19 1:30 @ OHS Track: HS Team Picture & Media Day 2:30-4:30 @ OHS: HS Athlete Meeting & Practice No MS Practice	20 8-10 am @ NHI	21: Monochromatic 8-10 am @ NHI	22 On Your Own	23 Off: Rest
24 3:15-4:45 @ NHI	25: OHS Open House 2-4 A&R or cross train on your own No MS Practice	26 3:15-4:45 @ NHI	27 3:15-4:45 @ NHI	28: Anything but a Water Bottle 8-9:30 @ NHI No MS Practice	29: HS MEET Arrowhead Glow Race (HS girls only) <i>Bus @ 6:30 p.m.</i> <i>OHS Field House</i>	30 Off: Rest
31: MS + Freshman First Day of School 3:15-4:45 @ NHI *MS Practice Official Start	1: Grades 10-12 First Day of School 3:15-4:45 @ NHI	2 3:15-4:45 @ NHI	3 3:15-4:45 @ NHI	4: HS MEET Leighton Betz Invite @ Greenfield Park <i>Out of class @ 1:30, bus @ 1:45</i>	5: On Your Own	6 Off: Rest

2026 Ocon Girls Cross Country Schedule

Google Classroom: tmxzf3b | Specific weekly schedules published Sunday before the upcoming week.

Bring Every Day: Running shoes, Clothes for all weather, Water bottle, Refueling snack

Calendar in draft mode! Tentative dates *in red italics*.

September 2026						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7: Labor Day, No School On Your Own	8 3:15-4:45 @ NHI	9 3:15-4:45 @ NHI	10 3:15-4:45 @ NHI	11: Twin/Triplet Day 3:15-4:45 @ NHI	12: MS & HS MEET SPASH Invite @ Standing Rocks MS and HS Bus @ 5:30 a.m. from OHS Field House	13 Off: Rest
14 3:15-4:45 @ NHI	15 3:15-4:45 @ NHI	16 3:15-4:45 @ NHI	17: MS MEET HS Practice 3:15-4:45 @ NHI MS Johnson Creek Invite <i>MS Bus @ TBD from NHI and SLI</i>	18: Dress Like Your Shoes 3:15-4:45 @ NHI	19 HS: On Your Own	20 Off: Rest
21 3:15-4:45 @ NHI	22 3:15-4:45 @ NHI	23 3:15-4:45 @ NHI	24: MS MEET HS Practice & Work Meet 3:15-4:45 @ NHI MS Invite @ NHI *HS Work Meet*	25: Homecoming MS: No practice HS: Athlete's Choice 6-7 am @ OHS or 3-4 pm @ OHS	26: HS MEET Midwest Invite @ Blackhawk Golf Course HS Bus @ 6:30 a.m. from OHS Field House	27 Off: Rest

2026 Ocon Girls Cross Country Schedule

Google Classroom: tmxzf3b | Specific weekly schedules published Sunday before the upcoming week.

Bring Every Day: Running shoes, Clothes for all weather, Water bottle, Refueling snack

Calendar in draft mode! Tentative dates *in red italics*.

September / October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
28 3:15-4:45 @ NHI	29 3:15-4:45 @ NHI	30 3:15-4:45 @ NHI	1 3:15-4:45 @ NHI	2: Fun Shorts Day 3:15-4:45 @ NHI	3: MS & HS MEET Invite @ Arrowhead MS & HS Bus @ <i>TBD</i>	4 Off: Rest
5: No School 3:15-4:45 @ NHI	6 3:15-4:45 @ NHI	7 3:15-4:45 @ NHI	8: MS MEET HS Practice & Work Meet: 3:15-4:45 @ NHI MS Meet @ NHI *HS Work Meet*	9: Battle Braids 3:15-4:45 @ NHI	10: HS MEET C8 Conference Meet @ Arrowhead Bus @ 7:00 *End of JV Season*	11 Off: Rest
12: 3:15-4:45 @ NHI (Sectionals Racers, Alternates, & MS Only)	13 3:15-4:45 @ NHI (Sectionals Racers, Alternates, & MS Only)	14 3:15-4:45 @ NHI (Sectionals Racers, Alternates, & MS Only)	15: MS MEET HS Practice & Work Meet: 3:15-4:45 MS Meet @ NHI *HS Work Meet* *End of MS Season*	16 3:15-4:45 @ OHS (Sectionals Racers & Alternates Only)	17 On Your Own (Sectionals Racers & Alternates Only)	18 Off: Rest

2026 Ocon Girls Cross Country Schedule

Google Classroom: tmxzf3b | Specific weekly schedules published Sunday before the upcoming week.

Bring Every Day: Running shoes, Clothes for all weather, Water bottle, Refueling snack

Calendar in draft mode! Tentative dates *in red italics*.

19 3:15-4:45 @ OHS (HS Sectionals Racers & Alternates Only)	20 3:15-4:45 @ OHS (HS Sectionals Racers & Alternates Only) 6:00-7:00: Banquet in Cafeteria 150	21 3:15-4:45 @ OHS (HS Sectionals Racers & Alternates Only)	22: Early Release After School @ OHS (HS Sectionals Racers & Alternates Only)	23: No School 8-10 @ OHS (HS Sectionals Racers & Alternates Only)	24: HS MEET Sectional Meet @ Mukwonago Vans @ TBD	25 Off: Rest
26 3:15-4:45 @ OHS (State Qualifiers Only)	27 3:15-4:45 @ OHS (State Qualifiers Only)	28 3:15-4:45 @ OHS (State Qualifiers Only)	29 3:15-4:45 @ OHS (State Qualifiers Only)	30 WIAA State Meet Travel Day Vans @ TBD Pre-meet in Stevens Point	31 WIAA State Meet @ Ridges in WI Rapids	1