

2025 Ocon Flock Cross Country Schedule

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

Calendar finalized August 10, 2025. Any changes after this date will be *in red italics* and communicated directly to athletes and families.

August 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
18 8-10 am @ NHI *HS Practice official start MS encouraged but not required	19 8-10 am @ NHI HS Uniform Handout	20 8-10 am @ NHI	21 1:30 @ OHS Track: HS Team Picture & Media Day 2:30-4:30 @ OHS: HS Team Meeting & Practice 5:00-6:00 @ OHS South Cafeteria 170: MS and HS Family Meeting (optional, but encouraged, especially for new families)	22: Dress Like Your Water Bottle 8-10 am @ NHI	23 On Your Own	24 Off: Rest
25 3:15-4:45 @ NHI	26: OHS Open House 4-5:30 @ NHI	27 3:15-4:45 @ NHI	28: HS MEET Arrowhead Glow Race (HS girls only) Bus @ 7:00 p.m. OHS Field House	29 On Your Own	30 On Your Own	31 Off: Rest

Bring Every Day!

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

Running Locations

- **Nature Hill Intermediate Trails:** 850 Lake Drive: Drop off/park behind school near basketball hoops/gym
 - NHI is our primary practice location
- **Oconomowoc High School Track:** 641 E Forest Drive: Drop off/park in South Lot (near track/stadium)
 - Meet Days: Bus leaves from OHS Field House Lobby
- **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 Dr, Pine St) or at Our Savior's Church Parking Lot on the corner of Greenland & 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.

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September 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1: Labor Day On Your Own	2: First Day of School (Grades 6-9) 3:15-4:45 @ NHI *MS Practice Official Start	3: First Day of School (Grades 10-12) 3:15-4:45 @ NHI	4 3:15-4:45 @ NHI	5: Team Color 3:15-4:45 @ NHI	6: HS MEET UW-Parkside HS Bus @ 6:30 am from OHS Field House	7 Off: Rest
8 3:15-4:45 @ NHI	9 3:15-4:45 @ NHI MS Uniform Handout	10 3:15-4:45 @ NHI	11 3:15-4:45 @ NHI	12: Anything But a Water Bottle 3:15-4:45 @ NHI	13: MS & HS MEET SPASH Invite @ Standing Rocks MS and HS Bus @ 5:30 @ 6:00 am. from OHS Field House	14 Off: Rest
15 3:15-4:45 @ NHI	16 3:15-4:45 @ NHI	17 3:15-4:45 @ NHI	18: MS MEET HS Practice 3:15-4:45 @ NHI MS Elkhorn Invite MS Bus @ TBD from NHI and SLI	19: Homecoming MS: No practice HS: Athlete's Choice 6-7 am @ OHS or 3-4 pm @ OHS	20 HS: On Your Own	21 Off: Rest

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September / October 2025						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
22 3:15-4:45 @ NHI	23 3:15-4:45 @ NHI	24 3:15-4:45 @ NHI	25 3:15-4:45 @ NHI	26: MS MEET HS: 3:15-4:45 @ NHI MS Home Meet	27: HS MEET Midwest Invite @ Blackhawk Golf Course HS Bus @ 6:30 a.m. from OHS Field House	28 Off: Rest
29 3:15-4:45 @ NHI	30 3:15-4:45 @ NHI	1 3:15-4:45 @ NHI	2 3:15-4:45 @ NHI	3: Monochromatic Day 3:15-4:45 @ NHI	4: MS & HS MEET Middleton Invite @ Glacier Creek MS MS & HS Bus @ 7:00 a.m.	5 Rest
6 3:15-4:45 @ NHI	7 3:15-4:45 @ NHI	8 3:15-4:45 @ NHI	9 3:15-4:45 @ NHI	10: Battle Braids 3:15-4:45 @ NHI	11: HS MEET C8 Conference Meet @ Lake Denoon MS Bus @ 7:00 <i>*End of JV Season*</i>	12 Rest

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October 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
13: No School (PD) 3:15-4:45 (Sectionals Racers, Alternates, & MS Only) @ NHI	14 3:15-4:45 (Sectionals Racers, Alternates, & MS Only) @ NHI	15 3:15-4:45 (Sectionals Racers, Alternates, & MS Only) @ NHI	16 3:15-4:45 (Sectionals Racers, Alternates, & MS 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 3:15-4:45 (HS Sectionals Racers & Alternates Only) @ OHS	21 3:15-4:45 (HS Sectionals Racers & Alternates Only) @ OHS 6:00-7:00: Banquet <i>in OHS REC</i>	22 3:15-4:45 (HS Sectionals Racers & Alternates Only) @ OHS	23 3:15-4:45 (HS Sectionals Racers & Alternates Only) @ OHS	24: No School 8-10 (HS Sectionals Racers & Alternates Only) @ OHS	25: HS MEET Sectional Meet @ Arrowhead Vans @ TBD	26 Rest
27 3:15-4:45 (State Qualifiers Only) @ OHS	28 3:15-4:45 (State Qualifiers Only) @ OHS	29 3:15-4:45 (State Qualifiers Only) @ OHS	30 3:15-4:45 (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