

2025 Cross Country Practice & Meet Schedule

Coach Miller

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Coach Watts

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Remind Code: Text @deerlakecc to 81010 to join.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pre-Season Training						
8/11 Practice Deerlake 7:45-8:45	8/12 Practice Deerlake 7:45-8:45	8/13 Practice Deerlake 7:45-8:45	8/14 Recovery & Stretching Deerlake 7:45-8:45	8/15 Rest Day	8/16 Independent Training 20-25 min	8/17 Independent Training
8/18 Practice Deerlake 7:45-8:45	8/19 Practice Deerlake 7:45-8:45	8/20 Practice Deerlake 7:45-8:45	8/21 Recovery & Stretching Deerlake 7:45-8:45	8/22 Rest Day	8/23 Independent Training	8/24 Independent Training
8/25 Practice Deerlake 7:45-8:45	8/26 Practice Deerlake 7:45-8:45	8/27 Meet #1 Swift Creek Run Apalachee Regional Park Girls @ 6:00 Boys @ 6:30	8/28 Recovery & Stretching Deerlake 7:45-8:45	8/29 Rest Day	8/30 Independent Training	8/31 Independent Training
9/1 Labor Day Holiday	9/2 Practice Deerlake 7:45-8:45	9/3 Meet #2 Ft. Braden Run Fort Braden Middle School Girls @ 6:00 Boys @ 6:30	9/4 Recovery & Stretching Deerlake 7:45-8:45	9/5 Rest Day	9/6 Independent Training	9/7 Independent Training
9/8 Practice Deerlake 7:45-8:45	9/9 Practice Deerlake 7:45-8:45	9/10 Meet #3 Montford Run Montford Middle School Girls @ 6:00 Boys @ 6:30	9/11 Recovery & Stretching Deerlake 7:45-8:45 Team Pictures 8:00-9:00	9/12 Rest Day	9/13 Independent Training	9/14 Independent Training

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9/15 Practice Deerlake 7:45-8:45	9/16 Practice Deerlake 7:45-8:45	9/17 Meet #4 Everhart Owl Run Gretchen Everhart School Girls @ 10:30 Boys @ 11:00	9/18 Recovery & Stretching Deerlake 7:45-8:45	9/19 Rest Day	9/20 Independent Training	9/21 Independent Training
9/22 Practice Deerlake 7:45-8:45	9/23 Practice Deerlake 7:45-8:45	9/24 Meet #5 RAA Run Apalachee Regional Park Girls @ 6:00 Boys @ 6:30	9/25 Recovery & Stretching Deerlake 7:45-8:45	9/26 Rest Day	9/27 Independent Training	9/28 Independent Training
9/29 Practice Deerlake 7:45-8:45	9/30 Practice Deerlake 7:45-8:45	10/1 Practice Deerlake 7:45-8:45	10/2 Fall Holiday No School Rest Day	10/3 Practice Deerlake 7:45-8:45	10/4 Independent Training	10/5 Independent Training
10/6 Cross Country Championship Apalachee Regional Park Girls @ 6:00 Boys @ 6:30	10/7	10/8	10/9 Cross Country Banquet TBA	10/10	10/11	10/12

** Still Need to Set Time for Banquet

*** Still Need to Set Time for Photos with Tim Yoho @ yohophotos@yahoo.com