

## 2025 C.C.Y.O. Cross Country Schedule

#	Day	Date	Arrive by	Location	Leave around	2 Goals	Event
1	Thu	8/21	6:00PM	BMCHS	7:15PM	Effort	Practice
						Respect Self	
2	Mon	8/25	6:00PM	Lake Hefner	7:15PM	Learning	Practice
						Long Run	
3	Thu	8/28	6:00PM	BMCHS	7:15PM	Mistakes O.K.	Practice
						Leprechaun Runs	
4	Thu	9/4	6:00PM	BMCHS	7:15PM	Respect Teammates	Practice
						Long Intervals	
5	Sat	9/6	TBD	Moore	TBD	Effort	Meet: First Moore Baptist Church, 301 NE 27 <sup>th</sup> Street. Moore, OK
						Breathing	
6	Mon	9/8	6:00PM	Lake Hefner	7:15PM	Respect Self	Practice
						Threshold Run	
7	Thu	9/11	6:00PM	BMCHS	7:15PM	Learning	Practice
						Short Intervals	
8	Sat	9/13	TBD	Norman	TBD	Respect Rules	Meet: Community Christian School Activity Center, 5300 Interstate Drive, Norman OK 73072
						Racing	
9	Mon	9/15	6:00PM	Lake Hefner	7:15PM	Mistakes OK	Practice
						Long Run	
10	Thu	9/18	6:00PM	BMCHS	7:15PM	Effort	Practice
						Fartlek Run	
11	Sat	9/20	8:15AM	Christ the King	9:30AM	Respect Opponents	Meet: 1 mile @ 9am @ CK
						Pacing	
12	Mon	9/22	6:00PM	Lake Hefner	7:15PM	Respect Teammates	Practice
						Leprechaun Runs	
13	Thu	9/25	6:00PM	Lake Hefner	7:15PM	Effort	Practice
						Fartlek Run	
14	Sat	9/27	TBD	Piedmont	TBD	Respect Rules	Meet: Piedmont HS/Wildcat Athletic Center 1055 Edmond Rd NW, Piedmont 73078
						Finish	
15	Mon	9/28	6:00PM	Lake Hefner	7:15PM	Learning	Practice
						Long Run	
16	Thu	10/2	6:00PM	Lake Hefner	7:15PM	Mistakes OK	Practice
						Kick-1min	

## 2025 C.C.Y.O. Cross Country Schedule

17	Fri/	10/16	TBD	Chickasha	TBD	Gratitude	Meet: Junior High All-Stars Meet
	Sat	10/17				P.R.	