



2025 Schedule

Monday, August 11	First (Official) Day of Practice at MHS track - 7:30-9:30am - Monday-Saturday **Practice times will be at this morning time up until school starting.
Friday, August 15	Annual Alumni Run - 2.3 miles on track/trails/fields at MHS (All runners compete) Will help determine varsity/JV teams for 1st official meet) **Note that the Alumni and Varsity/JV will run separate this year due to a new MSHSL bylaw - Alumni at 7:00PM, arrive no later than 6:00PM to sign up and warmup - Varsity/JV Boys will run at 7:20PM, Girls at 7:40PM
Monday, August 18	Parent Meeting (Recommended) - 5-5:45pm - MHS Forum
Thursday-Sun, August 21-24	Team Training Camp in Battle Lake (recommended for everyone, but not required) Practice will be same place and time at MHS on Thursday and Friday with Coach Lewis if not attending. More specific info link on website. Signup will be in the immediate days leading up to leaving. Team will be transporting on a bus to and from. Permission slip handed out at practice and on website. Load bus at 7:30am and depart for camp from MHS track at 8:00am
Thursday, August 28	St. Olaf Showcase Invite - 10:15AM (Top 30 runners compete) - 5K - Will be run on the former State Meet course. Bus will depart MHS Pagel Center at 7:30AM Sharp and return around Noon.
Saturday, August 30	Practice at St. John's University (if you can make it) - brunch at the school cafeteria afterwards - Bus will depart at 7:00AM, return at 11:00 at the latest.
Tuesday, Sept 2	First Day of School **Practice time on weekdays shifts to 3:15-5:15PM for the rest of the season - Saturdays will remain at 7:30AM and during MEA break.
Thursday, Sept 4	Steve Hoag Invitational - Anoka High School (For JV only not running at Augustana) JV at 4:15PM, Varsity 5:45PM
Friday, Sept 5	Augustana Twilight Invite, Sioux Falls, SD at Yankton Trails Park - JV 4K - 7:00PM, Varsity 8:00PM (An overnight trip, Varsity Top 14 runners only TBD) - Transportation will be a bus to and from. (Depart Friday, Sept 5 at 11:00AM and return around 6PM on Sat)
Saturday, Sept 13	Eden Prairie Metro Under the Lights Invite (All runners compete) - Flying Cloud Airport Fields - JV 7:00PM, Varsity 9:00PM
Thursday, Sept 18	Burnsville Blaze Invite at Nicollet Middle School - 4:25PM - JV Race, 5:00PM Varsity (for all runners not racing at Griak)
Saturday, Sept 20	Roy Griak Invitational - University of Minnesota Golf Course - 10:30AM - Championship Race (Varsity Top 10 runners only)
Friday, Oct 3	Hoka 3200 meter team time trials@MHS track - 6:00-8:00pm (All runners compete) Senior Recognition half way through.
Wednesday, Oct 8	Lake Conference Championships at Gale Woods, Minnetrista - 3:40PM Varsity, 4:40pm J.V., 6:05pm Awards - (All runners compete - Top 18 finishers in varsity race will earn all conference)
Monday, Oct 20	Lefty Wright JV Grade Level Championships at Bassett Creek Park, Crystal - 4:00PM - 9th grade race, 4:55pm - Sophs, 5:15pm - JR/SR- (JV runners 8 + only)
Tuesday, Oct 21	Section 2AAA Championships at Gale Woods, Minnetrista - 3:40PM - (Top Varsity 7 runners only)
Saturday, Oct 25	JV Season Finale @ St. Michael-Albertville Lower Rec Center - 10:55AM - JV 1 Race, 11:15AM JV 2 Race, 11:40AM JV 3 Race
Saturday, November 1	State Cross Country Championships at University of Minnesota Golf Course (Qualifiers only) - AAA Boys 2:30PM

Post Season Opportunities

Sunday, November 9	Nike Regionals at Sioux Falls, SD (everyone qualifies for, very recommended, but not required)
Thursday, November 20	Team Awards Banquet at Minnetonka Community Center 5:30-8:00pm
Saturday, November 29	Brooks Midwest Regional, Kenosha WI
Saturday, December 6	Nike Cross Nationals?? at Portland, OR (Top 2 teams in Regional automatically qualify for, also possible at large bid in)
Saturday, December 13	Brooks National Finals, San Diego, CA

** (Specific times to meets may be subject to change in the week leading up to. Check team website for any possible changes.)