

Cross Country Schedule 2025

Coach contact info:

April Rockwood - 801-602-6477

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Monday, August 18th

Bartholomew Pond - 1090 S 2900 E
Practice 5:30pm-6:30pm

Monday, August 25th

Bartholomew Pond - 1090 S 2900 E
Intersquad Meet - 1K at 5:30pm.

Monday, September 1st

No meets or practices - Labor Day

Monday, September 8th

2K Meet at Bartholomew Pond
Bartholomew Pond - 1090 S 2900 E
Check-in at 5:00pm, starts at 5:30pm
*Spanish Fork, Santaquin, Nephi/Mt Pleasant,
Springville, Mapleton*

Monday, September 15th

3K Meet at Salem Jr High School
598 N Main St in Salem
Check-in at 5:00pm, starts at 5:30pm
*Spanish Fork, Santaquin, Nephi/Mt Pleasant,
Springville, Mapleton*

Monday, September 22nd

2K Meet at Juab Jr High School
555 E 800 N in Nephi
Check-in at 5:00pm, starts at 5:30pm
*Spanish Fork, Santaquin, Nephi/Mt Pleasant,
Springville, Mapleton*

Monday, September 29th

4K Meet at Spanish Fork Sports Complex
295 W. Volunteer Dr. (950 S.) in Spanish Fork
Check-in at 5:00pm, starts at 5:30pm
*Spanish Fork, Santaquin, Nephi/Mt Pleasant,
Springville, Mapleton*

Monday, October 6th

Regional Invitational - Everyone Attends
3K Meet at Provo's Kiwanis Park
1019 N. 1100 E. in Provo
Check-in 5:00
Heat #1 Starts 5:30pm (Elite heat)
Heat #2 Starts 6:00pm (Older kids 2010-2014)
Heat #3 Starts 6:30pm (Younger kids 2015-2018)

Thursday, August 14

Bartholomew Pond - 1090 S 2900 E

Meet on the grass by the hammock poles at the end of the parking lot for practice from 5:30pm-6:30pm

Thursday, August 21st

Bartholomew Pond - 1090 S 2900 E
Practice 5:30pm-6:30pm

Thursday, August 28th

Bartholomew Pond - 1090 S 2900 E
Practice from 5:30pm-6:30pm

Thursday, September 4th

Bartholomew Pond - 1090 S 2900 E
Practice from 5:30pm-6:30pm

Thursday, September 11th

Bartholomew Pond - 1090 S 2900 E
Practice from 5:30pm-6:30pm

Thursday, September 18th

Bartholomew Pond - 1090 S 2900 E
Practice from 5:30pm-6:30pm

Thursday, September 25th

Bartholomew Pond - 1090 S 2900 E
Practice from 5:30pm-6:30pm

Thursday, October 2nd

Bartholomew Pond - 1090 S 2900 E
Practice from 5:30pm-6:30pm

