

Things to know for Cross Country this Summer

SCAN ME



1. Sign up using the QR code to the left.
2. Summer running is not required. You can come to all of the sessions or none of them. Anyone is welcome to join us There is no cost.
3. Starting July 7, 2025, XC conditioning will meet at 8:00 AM and run until 9:20 AM Monday and Wednesday. Every other Thursday we will have an evening "FUN RUN" event. Drop off and pick up located at the west gate of Kahler's track. This gate is the closest one to Pheasant Hills Park.
4. **If you ride your bike, make sure you bring a lock for it.** We rarely run near Kahler.
5. **Get signed up on www.finalforms.com, ASAP!** Physicals are due before we return to school. For team communication. we use FINAL FORMS. For example, we have to call off, it will be announced through FINAL FORMS email/text.
6. Regular practice starts on August 13, 2025. Please have [IHSAA physical](#) uploaded to Final Forms before August 13, 2025. Physical must be on the INDIANA IHSAA form and done April 1, 2025 or after.
7. Total fees are around \$130ish. These are payable at start of season in August.
8. **Questions??-- email Coach Langlois mlangloi@lcscmail.com**

July 6	7 8:00 AM -9:20 AM	8	9 8:00 AM -9:20 AM	10 Evening FUN RUN 7:00 PM-8:00 PM	11	12
13	14 8:00 AM -9:20 AM	15	16 8:00 AM -9:20 AM	17	18	19
20	21 8:00 AM -9:20 AM	22	23 8:00 AM -9:20 AM	24 Evening FUN RUN 7:00 PM-8:00 PM	25	26
27	28 8:00 AM -9:20 AM	29	30 8:00 AM -9:20 AM	31	Aug 1	2
Aug 3	4 8:00 AM -9:20 AM	5	6 8:00 AM -9:20 AM	7 Evening FUN RUN 7:00 PM-8:00 PM	8	9
Aug 10	11 8:00 AM -9:20 AM	12	13 First practice after school until 5:25PM	14 Once school starts, we practice every weekday until 5:25PM		