

2025 Chattahoochee Cross Country Schedule

<u>Date</u>	<u>Event</u>	<u>Location</u>	<u>Bus Depart</u>	<u>Event Start</u>	<u>Return</u>
Aug 4-8 (M-F)	Mandatory tryouts	CHS Track		3:50 PM	
Aug10 (Sun)	Roster posted	XC Website		8:00 PM	
Aug 11-18	Spike Week Fleet Feet	Regal shopping center			
Aug 11 (Mon)	1 st day of Official practice	CHS Track		3:50 PM	
Aug 13 (Wed)	Kick off meeting	CHS cafeteria		6:30 PM	
Aug 23 (Sat)	Blue Gold Meet	Webb Bridge park		7:00 AM	
Sept 6 (Sat)	Milton Invitational	Milton HS	7:30 AM	9:00AM	12:30 PM
Sept 8 (Mon)	Official Practice	Webb Bridge Park		4:00 PM	
Sept 13 (Sat)	Wire2Wire Invitational	Dellinger Park	6:00 AM	8:00 AM	12:30 PM
Sept 15 (Mon)	Official Practice	Webb Bridge Park		4:00 PM	
Sept 20 (Sat)	Wingfoot XC Classic	Sam Smith Park	5:20 AM	7:40 AM	2:00 PM
Sept 22 (Mon)	Official Practice	Webb Bridge Park		4:00 PM	
Oct 4 (Sat)	Asics Invitational	Chattahoochee Hills Eventing	5:30 AM	7:55 AM	11:15 AM
Oct 10 (Fri)	Pickens & Grinnin' Invitational	Roper Park in Jasper	6:00 PM	8:15 PM	11:50 PM
Oct 13-17	Fulton County Schools Fall Break – no team practices; workouts posted by Coach to do on own				
Nov 1 (Sat)	Sectionals	Bouckaert Farm	5:30 AM	8:00 AM	1:00 PM
Nov 4 (Tue)	State XC Official practice	Webb Bridge Park		3:30 PM	
Nov 7 (Fri)	State Championships	Carrollton HS	8:00 AM	12:00 PM	5:00 PM
Nov 13 (Thu)	Awards Ceremony	CHS Auditorium		7:00 PM	

Practice schedule:

- Mondays, Wednesdays, and Thursdays at Chattahoochee (unless noted above) 3:50pm – 5:50pm.
- Tuesday – OFF (light jog/bike, stretch, ice, and rehab as necessary)
- Fridays – No team practice. 20-30 minute shake out run on own with light stretching/rolling.
- Saturdays/Sundays – Long-run on own either Saturday or Sunday