

## 2025 SJL Cross Country Schedule

| Date         | Opponent                                | Time                      |
|--------------|-----------------------------------------|---------------------------|
| Tues., 8/19  | Practice @ SJL                          | 3:45-5:00 pm              |
| Thurs., 8/21 | Practice @ SJL                          | 3:45-5:00 pm              |
| Tues., 8/26  | Practice @ SJL                          | 3:45-5:00 pm              |
| Wed. 8/27    | Practice @ SJL                          | 3:45-5:00 pm              |
| Wed., 9/3    | Practice @ SJL                          | 3:45-5:00 pm              |
| Thur., 9/4   | Practice @ SJL                          | 3:45-5:00 pm              |
| Mon. 9/8     | Practice @ SJL                          | 3:45-5:00 pm              |
| Wed., 9/10   | Practice @ SJL                          | 3:45-5:00 pm              |
| Fri., 9/12   | WLS Cross Country Meet @ Cliffside Park | TBD                       |
| Mon., 9/15   | Practice @ SJL                          | 3:45-5:00 pm              |
| Wed., 9/17   | Practice @ SJL                          | 3:45-5:00 pm              |
| Fri., 9/19   | Trinity Caledonia CC Meet @ TBD         | TBD                       |
| Fri., 9/24   | Practice @ SJL                          | 3:45-5:00 pm              |
| Wed., 10/1   | Practice @ SJL                          | 3:45-5:00 pm              |
| Thur., 10/2  | Prairie Cross Country Meet              | TBD                       |
| Fri., 10/3   | Faith Lutheran- Antioch, IL             | 4:30 (girls), 5:00 (boys) |
| Mon., 10/6   | Practice @ SJL                          | 3:45-5:00 pm              |
| Thur., 10/9  | Practice @ SJL                          | 3:45-5:00 pm              |
| Sat., 10/11  | LSA State Cross Country Meet            | TBD                       |