



2024 ALCS 5th through 8th Grade Cross Country Schedule

Head Coach: Amy Parker

Assistant Coaches: Erica Guetzlaff, Lindsey Heisler

Practices occur Monday and Wednesday at ALCS at 3:45-5:00 pm and Select Saturdays

Day	Date	Time	Opponent	Location
Saturday	9/14	8:30 AM	Invitational	Monona Grove
Thursday	9/19	5:20 PM	Invitational	Johnson Creek High School
Friday	9/20	6:00 PM	Invitational	Rio Community School
Wednesday	9/25	4:15 PM	Invitational	MCDS
Tuesday	10/8	4:30 PM	Sacred Hearts Invitational	Sheehan Park Sun Prairie
Saturday	10/12	11:20 AM	Albany Invitational	Baertschi Farm
Thursday	10/17	5:20 PM	Trailways Conference Invitational	Orfordville (Parkview)
Saturday	10/19	1:30 PM	Invitational	Lake Country Lutheran