



# 2025 ALCS MS

## Cross Country Schedule

Head Coach: Lindsey Heisler

Practices on Tuesdays & Thursdays at ALCS from 3:45-5pm beginning 8/21

| Day      | Date  | Time     | Opponent              | Location                  |
|----------|-------|----------|-----------------------|---------------------------|
| Saturday | 9/13  | 8:30 AM  | Invitational          | Monona Golf Course        |
| Thursday | 9/18  | 4:00 PM  | Invitational          | Johnson Creek High School |
| Friday   | 9/19  | 5:30 PM  | Invitational          | Rio Community School      |
| Tuesday  | 9/23  | 4:15 PM  | Sacred Hearts         | Sheehan Park              |
| Thursday | 10/2  | 4:15 PM  | MCDS                  | MCDS                      |
| Saturday | 10/11 | 11:00 AM | Invitational          | Baertschi Farm            |
| Saturday | 10/18 | TBD      | Lake Country Lutheran | TBD                       |