



## **2025 Cross Country Schedule 5th - 8th**

**Friday, September 5 - Practice @ Immanuel (3:15 - 4:15)**

**Monday, September 8 - Practice @ Forest Exploration (6:00 - 7:00)**

**Friday, September 12 - Practice @ Immanuel (3:15 - 4:15)**

**Monday, September 15 - Practice @ Forest Exploration (6:00 - 7:00)**

**Wednesday, September 17 - Timbercat Meet @ Living Word High School**

**Friday, September 19 - Practice @ Immanuel (3:15 - 4:15)**

**Tuesday, September 23 - Milwaukee Lutheran/Immanuel Meet  
@ Milwaukee Lutheran**

**Thursday, September 25 - Practice @ Dretzka Park (6:00 - 7:00)**

**Monday, September 29 - Practice @ Forest Exploration (6:00 - 7:00)**

**Wednesday, October 1 - Martin Luther/Hales Corners Meet  
@ Martin Luther High School**

**Friday, October 3 - Practice @ Immanuel (3:15 - 4:15)**

**Monday, October 6 - Practice @ Forest Exploration (6:00 - 7:00)**

**Thursday, October 9 - Practice @ Dretzka Park (6:00 - 7:00)**

**Saturday, October 11 - State Meet @ Concordia University Wisconsin  
(optional meet for athletes that want to participate)**

**Monday, October 13 - Practice @ Forest Exploration (6:00 - 7:00)**

**Thursday, October 16 - Practice @ Dretzka Park (6:00 - 7:00)**

**Forest Exploration Center Trail - 1800 Forest Exploration Drive, Wauwatosa**

**Dretzka Park - 12020 W. Bradley Rd., Milwaukee**