



2025 MacArthur Cross Country

August 23	St. Viator Invite 5:00 PM	5:00
September 3	Thomas	3:45
September 9	St. Peter	3:45
September 11	AT London	4:00
September 16	River Trails	3:45
September. 18	Schaumburg Invite (not all runners)	3:30
September 22	AT Holmes	4:00
September 25	Lincoln	3:45
September 30	AT Cooper	4:00
October 6	Conference	TBD
October 11	Sectionals (not ALL runners)	TBD
October 18	State	12:15

Important information to start the season.

1. All runners must have an active physical on file with the school nurse to participate. Physicals are valid for 13 months.
2. We will have an after school information meeting on Thursday August 21st to hand out schedules that include practices and meets. We will also check to make sure all kids have an updated physical at that time. This meeting will run from 3:15-3:45
3. All parents must digitally sign a concussion form for their child to run. This form will be linked in PE classes and our Cross Country course on Schoology.
4. Our 1st practice will be Friday August 22nd after school. After school practices run until 4:30.