

Orem Recreation Department
Cross Country Club
2025 Schedule

Aug 11	Practice from 5:30 - 6:30 PM Brief PARENT MEETING AT 5:35 PM. Meet at the pavilion just south of the Orem Fitness Center.
Aug 13	Practice from 5:30 - 6:30 PM
Aug 18	Practice from 5:30 - 6:30 PM
Aug 20	Practice from 5:30 - 6:30 PM
Aug 25	1k Intra-squad meet held in Orem at Orem Community Park (580 W 165 S, Orem) at 5:30 PM
Aug 27	Practice from 5:30 - 6:30 PM
Sep 1	Labor Day – No Practice
Sep 3	Practice from 5:30 - 6:30 PM
Sep 8	2k Meet held at Lehi 5:30 PM (Location TBD)
Sep 10	Practice from 5:30 - 6:30 PM
Sep 15	3k Meet held at Saratoga Springs at 5:30 PM (Location TBD)
Sep 17	Practice from 5:30 - 6:30 PM
Sep 22	2k Meet held at Pleasant Grove at 5:30 PM (Location TBD)
Sep 24	Practice from 5:30 - 6:30 PM
Sep 29	4k Meet held at Orem 5:30 PM- Community Park
Oct 1	Practice from 5:30 - 6:30 PM
Oct 6	3k Regional Invitational at Provo 5:30 PM (Location TBD)

Coaches:

Program Coordinator: Tanner Morris @ (801) 229-7587, tcmorris@orem.org (Orem Recreation Department)

Notes:

1. Practices and the meet in Orem (unless otherwise specified) will be held at the Community Park Northeast Pavilion, just south of the Orem Fitness Center (580 W 165 S, Orem). Please drop off and pick your child up ON TIME.
2. Volunteers may be needed for the meets. Please let Tanner or one of the coaches know if you can help out at any of those meets.
3. Please make sure that your child is prepared for the weather. Practices and meets are held in all kinds of weather. Please send jackets, warm clothes, sun block, etc.
4. Transportation is NOT provided. Each participant is responsible to get to meets and practices on their own.