



Coach Bentley, Coach Hutchinson, Coaches Hazard, & Coach Shelley  
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### **IMPORTANT DATES**

**May 19, 2025**

Summer training parent meeting. 6:30 PM in the Excalibur Room at Northridge.

**June 2, 2025**

Start of summer training (7:00 AM at Northridge High School).

**June 27 – July 3, 2025**

UHSAA Moratorium (no official practice).

**July 4, 2025**

Each athlete is expected to run a 5K race or time trial as a fitness benchmark heading into the second half of summer training.

**July 23-26, 2025**

Cross-country camp at Camp Lomondi in Ogden Valley

**July 30, 2025**

Pre-season parent meeting. 6:30 PM in the Excalibur Room at Northridge.

**August 8, 2025**

Uniform checkout. Register My Athlete must be completed and team fees must be paid

**August 12, 2025**

First meet of the season and official end of summer training.

**September 19, 2025**

Homecoming Relay (Fremont High School)

**September 26-27, 2025**

Bob Firman Meet (Boise Idaho)

**November 5, 2025**

End of season awards banquet

**November 22, 2025**

Nike Cross-Regional Southwest