

# Things to know for Cross Country this Summer 2026

1. Summer running is not required. You can come to all of the sessions or none of them. Anyone is welcome to join us There is no cost.
2. Starting July 6, 2026, XC conditioning will meet at 8:00 AM and run until 9:20 AM Mondays and Wednesdays. Some Thursdays we will have an evening “FUN RUN” event. Drop off and pick up located at the west gate of Kahler’s track. This gate is the closest one to Pheasant Hills Park.
3. **If you ride your bike, make sure you bring a lock for it.** We rarely run near Kahler.
4. **Get signed up on <https://lakecentral-in.finalforms.com/>, ASAP!** Physicals are due before we return to school. For team communication, we use FINAL FORMS. For example, if we have to call off, it will be announced through FINAL FORMS email/text.
5. Regular practice starts on August 13, 2026. Please have [IHSAA physical](#) uploaded to Final Forms before August 13, 2026. Physical must be on the INDIANA IHSAA form and done April 1, 2026 or after.
6. Total fees are around \$130ish. These are payable at start of season in August.
7. Questions??-- email **Coach Langlois** [mlangloi@lscsmail.com](mailto:mlangloi@lscsmail.com) (boys) [LRebey@lscsmail.com](mailto:LRebey@lscsmail.com) (girls)

SUN                      MON                      TUES                      WED                      THURS                      FRI                      SAT

July 5	6 8:00 AM -9:20 AM	8	9 8:00 AM -9:20 AM	10 Evening FUN RUN 7:00 PM-8:00 PM	11	12
13	14 8:00 AM -9:20 AM	15	16 8:00 AM -9:20 AM	17	18	19
20	21 8:00 AM -9:20 AM	22	23 8:00 AM -9:20 AM	24 Evening FUN RUN 7:00 PM-8:00 PM	25	26
27	28 8:00 AM -9:20 AM	29	30 8:00 AM -9:20 AM	31 Evening FUN RUN 7:00 PM-8:00 PM	<b>AUGUST 1</b>	<b>AUGUST 2</b>
<b>AUGUST 3</b>	<b>4</b> 8:00 AM -9:20 AM	<b>5</b>	<b>6</b> 8:00 AM -9:20 AM	<b>7</b>	<b>8</b>	<b>9</b>
<b>Aug 10</b>	<b>11</b> 8:00 AM -9:20 AM	<b>12</b>	<b>13</b> First practice after school until 5:25PM	<b>14</b> No practice due to open house	<b>practice after school until 5:25PM</b>	