

# BVSU Cross Country Summer, Meet and Practice Schedule 2025

Training Week #	Date	Notes	Mon	Tues	Wed	Thur	Fri	Sat	Sun
Week 0 (-12)	26-May	Track Season	<b>26</b> <b>Memorial Day</b>	27	28	29	<b>30</b> <b><u>State Track</u></b>	<b>31</b> <b><u>State Track</u></b>	1
Week 1 (-11)	2-Jun	Aerobic Fitness On Your Own	2 On Your Own	3 On Your Own	4	5 On Your Own	6 On Your Own	7 On Your Own	8
Week 2 (-10)	9-Jun	Start of Summer Training	9 Black Bob (6:30am) TAPP (6:00pm)	10 BVSU (6:30am) TAPP (6:00pm)	11	12 Verheaghe (6:30am) TAPP (6:00pm)	13 Pancake BF (6:30am)	14 Deanna Rose(6:30am)	15
Week 3 (-9)	16-Jun		16 Black Bob (6:30am) TAPP (6:00pm)	17 BVSU (6:30am) TAPP (6:00pm)	18 On Your Own (am or pm)	19 Verheaghe (6:30am) TAPP (6:00pm)	20 Heritage #8 (6:30am)	21 I-Lan Prk (6:30am)	22
Week 4 (-8)	23-Jun		23 Black Bob (6:30am) TAPP (6:00pm)	24 BVSU (6:30am) TAPP (6:00pm)	25 On Your Own (am or pm)	26 Verheaghe (6:30am) TAPP (6:00pm)	27 Pancake BF (6:30am) On Your Own (pm)	28 Quivira Park (6:30am)	29
Week 5 (-7)	30-Jun	Moritorium Week	30 On Your Own (am) On Your Own (pm)	1 On Your Own (am) On Your Own (pm)	2 On Your Own (am or pm)	3 On Your Own (am) On Your Own (pm)	<b>4</b> <b>Freedom Run</b> <b>(7:00am)</b>	5 On Your Own (am) On Your Own (pm)	6
Week 6 (-6)	7-Jul		7 Black Bob (6:30am) TAPP (6:00pm)	8 BVSU (6:30am) TAPP (6:00pm)	9 On Your Own (am or pm)	10 Verheaghe (6:30am) TAPP (6:00pm)	11 Pancake BF (6:30am) On Your Own (pm)	12 I-Lan Prk (6:30am)	13
Week 7 (-5)	14-Jul	Rocky Mt Trip	14 Black Bob (6:30am) TAPP (6:00pm)	15 BVSU (6:30am) TAPP (6:00pm)	16 On Your Own (am or pm)	17 Verheaghe (6:30am) TAPP (6:00pm)	18 Heritage #8 (6:30am)	19 Quivira Park (6:30am)	20
Week 8 (-4)	21-Jul	Rocky Mt Trip	21 Black Bob (6:30am) TAPP (6:00pm)	22 BVSU (6:30am) TAPP (6:00pm)	23 On Your Own (am or pm)	24 Verheaghe (6:30am) TAPP (6:00pm)	25 Pancake BF (6:30am) On Your Own (pm)	26 Deanna Rose(6:30am)	27
Week 9 (-3)	28-Jul		28 Black Bob (6:30am) TAPP (6:00pm)	29 BVSU (6:30am) TAPP (6:00pm)	30 On Your Own (am or pm)	31 Verheaghe (6:30am) TAPP (6:00pm)	1 Heritage #8 (6:30am)	2 I-Lan Prk (6:30am)	3
Week 10 (-2)	4-Aug		4 Black Bob (6:30am) TAPP (6:00pm)	5 BVSU (6:30am) TAPP (6:00pm)	6 On Your Own (am or pm)	7 Verheaghe (6:30am) TAPP (6:00pm)	8 Pankakes BF (6:30am) On Your Own (pm)	9 Quivira Park (6:30am)	10
Week 11 (-1)	11-Aug	School Starts	11 Black Bob (6:30am) TAPP (6:00pm)	12 - Frosh Day BVSU (6:30am) TAPP (TBA)	13 - School Starts On Your Own (am or pm)	14 On Your Own (pm)	15 On Your Own (pm)	16 On Your Own (am)	17

Check the BVSU Cross Country website for exact meeting locations

AM Sessions begin at 6:30am

PM Sessions begin at 6:00pm - BVSU weight room

Meets Bold and Underlined - Varsity Meets