



KINGSWOOD OXFORD ATHLETICS

CROSS COUNTRY

FALL 2026 PRESEASON INFORMATION



WELCOME TO CROSS COUNTRY!

All students interested in participating in a fall competitive program must attend preseason practices.

Even those not aiming for a varsity spot are encouraged to come for the experience, team bonding, and fitness. Cross Country is for *everyone!*

There are no cuts. All are welcome.

PRESEASON WEEK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AUGUST 24	AUGUST 25	AUGUST 26	AUGUST 27	AUGUST 28
3:00 – 5:00 PM	3:00 – 5:00 PM	3:00 – 5:00 PM	3:00 – 5:00 PM	3:00 – 5:00 PM

Consistent attendance all week is important to build fitness and team chemistry!



WHERE TO MEET

Senior Green



WHAT TO BRING

- Running shoes
- Running attire
- Long and short sleeve shirt
- Long pants or shorts
- Water bottle
- Dress for the weather



HEAD COACH

Alice Riley



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SEPTEMBER 1–10

Preseason scrimmages and jamborees.



LOOKING AHEAD



WEEK OF SEPTEMBER 14

Regular season contests begin.



SEPTEMBER 15

College Athletics Panel
What to Know About the College Recruitment Process



QUESTIONS? CONTACT THE ATHLETIC DEPARTMENT



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<https://www.kingswoodoxford.org/athletics/>