

2026



# Dowling Middle School CROSS COUNTRY

All incoming **7th & 8th grade girls and boys** are invited to join our Cross Country team this Fall.

The season begins **August 19th** and ends **October 17th**.

We race **two miles** at each of our **7 meets** at local area schools.

We have practice **Mon-Fri from 4-5:15** at Dowling High School, however, we're flexible with other sport schedules and do not require attendance at all practices.

Our goal is to provide a fun and competitive introduction to cross country. In addition to running, we play games on Friday, have pre-meet pasta parties, go on a Dairy Queen run & occasionally have post-run chocolate milk.

Registration is open now until August 25th. Register by visiting Dowling's [Bound website](#). You will need your athlete's updated sports physical form to complete registration.



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## Middle School Cross Country Camp

We also offer a preseason opportunity to meet teammates, work on developing your running ability and prep for the upcoming season.

August 10th, 12th, 14th & 17th @ 7:30-8:45am at Dowling High School's softball field.

Register by visiting [Dowling's website](#).

For more information, please contact Jason Flogel ~ [jason.flogel@gmail.com](mailto:jason.flogel@gmail.com)