

2026 Milton High School Cross Country Season Schedule & Important Dates* (as of 7.25.26)

Date	Event	Location	Runners
Wed. April 29	2026 MXC Parent & Athlete Mtg. Registration Info Uniform samples	Milton High Cafeteria 6:30 p.m.	ALL
Sat., May 23	Running Log Start Date - Log your miles!	Sign up at miltonxc.org	ALL
Mon-Sun. May 25- 31	Dead Week 1 - No Captains' Summer Runs	Per GHSA Rules	ALL
Mon., June 1	1st Captains' Summer Run	Front of Milton High School 8	ALL
Saturday June 27	Captains Charity Run	Milton High School	ALL
Mon.-Sun. June 29-Jul 5	Dead Week 2 - No Captains' Summer Runs	Per GHSA Rules	ALL
Mon. July 6	Daily Captains' Summer Runs Resume	Front of Milton High School 8	ALL
Sat. July 18	Captains Rafting Trip	Ocoee Adventure Center, Copperhill, TN	Runners and Families
July 20-24(recommended wk)	Atlanta Track Club Wingfoot XC Camp	Univ. of AL Huntsville	
Sun., July 26	Scavenger Hunt/Parent Meeting: Spirit Wear Sale, BBQ, and Potluck Last day to record miles on Running Log!	Milton High School 3-5:30 p.m. Athletes wear clothes/shoes you can run in.	Runners & their families
Mon. & Tues, July 27-28	1st day of Practice - New MXC runners Not fully registered/Not paid = No practice	Milton High School 3:45-6 p.m.	9th/new runners
Wed., July 29	1st day of full Team Practice Not fully registered/Not paid = No practice-	Milton High School 3:45-6 p.m.	ALL
Saturday Aug. 1	MXC Team Trail Day - Earn lettering points	Meet in the baseball lot 8 a.m.	ALL
Mon., Aug. 3	1st day of school! Practice after school. Bring water - stay hydrated!	Milton High School 3:45-6 p.m.	ALL
Wed. Aug 5	Parent XC Meeting	5:30 p.m. Milton HS Cafeteria	ALL
Fri., Aug. 7	Volunteer Training on the course	Milton High - LAX/Band Field	All parents
Sat., Aug. 8	Time Trials 7:45 a.m. - girls, 8:30 a.m. – boys/Dual Meet with Johns Creek	Milton High - LAX/Band Field	ALL
TBD	Uniform and Player Pack Distribution	After Practice	ALL
Sat., Aug. 15	LCA Invite	Loganville, GA	ALL
Wed., Aug 20	First Wednesday morning practice	6-7 a.m. Milton Football Stadium	ALL
Sat., Aug. 22.	No Meet	Run on your own	ALL
Sat. Aug 29	Early Bird Invite	Fox Hall Equestrian Center, Douglasville, GA	ALL
Sat. Sept 5	Off, Enjoy Labor Day weekend!	Run on your own	ALL
Sat Sept 12	Milton Invitational	Milton High School	ALL
Sat Sept 19	Wingfoot XC Invite	Sam Smith Park, Cartersville, GA	ALL
Sun., Sept. 20-Sun. Sept 27.	Fall Break	Run on your own/Opt practices TBD	ALL
Sat. Oct 3	Wendy's Invitational (Overnight)	Charlotte, NC	Top 25 B & G Seniors
Fri, Oct .9th	Pickens Grinnin Invite	Jasper, GA	ALL

Thu., Oct 15th	Intra-Squad Relays	Milton HS trail + cafeteria	ALL
Sat. 10/17	No Meet/Homecoming	Run on your own	ALL
Wed. Oct 21	MXC Senior Night - Seniors & their family	Milton Cafeteria	Seniors
Sat., Oct. 24	Big Peach Mustang Stampede	Allatoona Creek Park Ackworth	ALL
Sat., October 31	GHSA Sectionals	Fox Hall Equestrian Center, Douglasville, GA	Top-7 & Alternates
Saturday, Nov 7	GHSA State 5A XC Championship Meet	Carrollton Elementary, Carrollton, GA	Top-7 & Alternates
TBD	Milton Cross Country Awards Ceremony	TBD	ALL

*Please note the 2026 schedule is tentative! All details regarding meets will be sent via email on the Thursday before each meet (i.e.: rosters, addresses, departure times, etc.) **Red Font - Need to confirm**