

The 2026/27 season KCA Cross Country Schedule

August

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3 <u>NO PRACTICE!</u> First Day of School Noon Dismissal	4 MEET THE COACH @KCA FIELD + PRACTICE 2:30-4:15 PM	5	6 PRACTICE 2:30-4:15 PM	7 PRACTICE 2:30-4:15 PM	8
9	10 PRACTICE 2:30-4:15 PM	11 PRACTICE 2:30-4:15 PM	12	13 <u>NO PRACTICE!</u> Secondary Retreat!	14 <u>NO PRACTICE!</u> Secondary Retreat!	15
16	17 PRACTICE 2:30-4:15 PM	18 PRACTICE 2:30-4:15 PM	19	20 PRACTICE 2:30-4:15 PM	21 <u>NO PRACTICE!</u> Statehood Day!	22
23	24 PRACTICE 2:30-4:15 PM	25 PRACTICE 2:30-4:15 PM	26	27 PRACTICE 2:30-4:15 PM	28 PRACTICE 2:30-4:15 PM	29
30	31 PRACTICE 2:30-4:15 PM					

Contacts

Head Coach: Trey Arbo

tarbo@kcaschool.net

Assistant Coach: Janet Snyder

(808) 652-5644

TeamReach Code: KCAXC2026



Keep In Mind...

- only 5 official meets in the season so make them count
- meets are always on Sat.
- all events and meets are mandatory
- We compete for the Glory of God! Honor Him as an athlete!

Personal Notes

The 2026/27 season KCA Cross Country Schedule

September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 PRACTICE 2:30-4:15 PM	2	3 PRACTICE 2:30-4:15 PM	4 PRACTICE 2:30-4:15 PM	5 PRESEASON MEET @ISLAND 7:30 AM
6	7 NO PRACTICE! Labor Day!	8 PRACTICE 2:30-4:15 PM	9	10 PRACTICE 2:30-4:15 PM	11 PRACTICE 2:30-4:15 PM	12 MEET @KAPAA 7:30 AM
13	14 PRACTICE 2:30-4:15 PM	15 PRACTICE 2:30-4:15 PM	16 PICTURE DAY! Bring your uniform!	17 PRACTICE 2:30-4:15 PM	18 PRACTICE 2:30-4:15 PM	19 MEET @KCA 7:30 AM
20	21 PRACTICE 2:30-4:15 PM	22 PRACTICE 2:30-4:15 PM	23	24 PRACTICE 2:30-4:15 PM	25 PRACTICE 2:30-4:15 PM	26 MEET @KAUAI 7:30 AM
27	28 PRACTICE 2:30-4:15 PM	29 PRACTICE 2:30-4:15 PM	30			

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October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 PRACTICE 2:30-4:15 PM	2 PRACTICE 2:30-4:15 PM	3 MEET @WAIMEA 4:00 PM
4	5	6	7	8	9	10 FALL BREAK NO PRACTICE
11	12 PRACTICE 2:30-4:15 PM	13 PRACTICE 2:30-4:15 PM	14	15 PRACTICE 2:30-4:15 PM	16 PRACTICE 2:30-4:15 PM	17 CHAMPIONSHIP MEET @ISLAND 7:30 AM <u>Senior Night!</u>
18	19	20	21	22	23	24
25	26	27	28	29	30	31

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