Red colored events are open to anyone Black colored events are open to Needham Youth Track Club members only.

- All Fall, sessions are held at DeFazio Field at 460 Dedham Ave (Route 135).
- Fall Age 3.5 14 sessions are held 9:15 10:20 am and 10:45 11:50 am

| September 2025 | | | | | | |
|-------------------------------------|--------|---------|-----------|----------|--------|----------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 7 Fall Track / Cross Country | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 Fall Track / Cross Country | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 Fall Track / Cross Country | 22 | 23 | 24 | 25 | 26 | 27 |
| 28 Fall Track / Cross Country | 29 | 30 | 1 | 2 | 3 | 4 |

| October 2025 | | | | | | | |
|---|--------|---------|-----------|----------|--------|----------|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| 5 Fall Track / Cross Country | 6 | 7 | 8 | 9 | 10 | 11 | |
| 12 Fall Track / Cross Country Wayland Meet | 13 | 14 | 15 | 16 | 17 | 18 | |
| 19 Fall Track / Cross Country | 20 | 21 | 22 | 23 | 24 | 25 | |
| 26 Fall Track / Cross Country Mayor's Cup | 27 | 28 | 29 | 30 | 31 | 1 | |

| November 2025 | | | | | | | |
|---------------|--------|---------|-----------|----------|--------|----------|--|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | |
| 2 | 3 | 4 | 5 | 6 | 7 | 8 | |
| Fall Track / | | | | | | | |

| Cross Country | | | | | | |
|--|----|----|----|----|----|----|
| 10 Fall Track / Cross Country (rain date) | 11 | 12 | 13 | 14 | 15 | 16 |