

EPGMS Cross Country - August 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
4 No practice	5 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	6 Practice 5:30pm - 7:30pm HS Post on Trail <i>No shuttle</i>	7 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	8 Practice 8:30am - 9:45am South Pointe Park <i>No shuttle</i>	9 Practice 5:30pm - 7:00pm South Pointe Park <i>No shuttle</i>	10 * Triathlon WO * Practice 8:30am - 10:15am Westview Park <i>No shuttle</i>
11 No practice	12 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	13 Practice * Picture Day @ 5:00pm * 5:00pm - 7:00pm South Pointe Park <i>No shuttle</i>	14 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	15 11:30 DISMISSAL Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	16 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	17 * XC Home Course * Practice 8:30am - 10:30am Furrow Farm <i>No shuttle</i>
18 No practice	19 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	20 MEET #1 4:15pm @ Donovan Park Bus G 2:00pm	21 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	22 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	23 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	24 Practice 8:30am - 10:30am South Pointe Park <i>No shuttle</i>
25 No practice	26 MEET #2 @ Eureka Upper Lake Meet Canceled No Practice	27 Practice 6:15am - 7:30am Westview Park <i>HS Link Carpool 6am</i>	28 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	29 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	30 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	31 MEET #3 9:00am @ Three Sisters Park Bus G 6:45am Bus EP 7:00am

EPGMS Cross Country - September 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 No practice	2 LABOR DAY No practice	3 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	4 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	5 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	6 11:30 DISMISSAL Practice 6:30am - 7:30am Westview Park HS Link Carpool TBD	7 * XC Home Course * Practice 8:00am - 10:00am Furrow Farm No shuttle
8 No practice	9 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	10 MEET #4 4:00pm EPGMS Invitational @ Furrow Farm Bus G 2:35pm	11 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	12 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	13 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	14 MEET #5 9:30am @ Maxwell Park Bus G 7:10am Bus EP 7:25am
15 No practice	16 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	17 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	18 Practice 3:30pm - 5:00pm Westview Park GGG Shuttle 5:45pm	19 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	20 Practice 3:30pm - 5:00pm Westview Park GGG Shuttle 5:45pm	21 Practice 8:00am - 10:00am South Pointe Park No shuttle
22 No practice	23 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	24 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	25 MEET #6 4:00pm @ Ewing Park Bus G 2:10pm	26 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	27 MEET #7 4:00pm @ Detweiller Park Bus G 1:40pm	28 * XC Home Course * Practice 9:00am - 10:15am Furrow Farm No shuttle
29 No practice	30 MEET #8 4:30pm EPGMS Quadrangular @ Furrow Farm Bus G 2:35pm					

EPGMS Cross Country - October 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 * XC Home Course * Practice / Volunteer 3:30pm-6:00pm HS Invitational @ Furrow Farm <i>Bus G 3:00pm</i>	2 * Sectional Course * Practice @ Dunlap Valley MS <i>Bus G 2:15pm</i>	3 Practice 3:30pm - 5:30pm Westview Park GGS Shuttle 5:45pm	4 Practice 3:30pm - 5:00pm Westview Park GGS Shuttle 5:45pm	5 MEET #9 9:00am @ Delavan Schools <i>Bus G 6:30am</i> <i>Bus EP 6:45am</i>
6 No practice	7 Practice 3:30pm - 5:30pm Westview Park GGS Shuttle 5:45pm	8 Practice 3:30pm - 5:30pm Westview Park GGS Shuttle 5:45pm	9 Practice 3:30pm - 5:30pm Westview Park GGS Shuttle 5:45pm	10 Practice 3:30pm - 5:00pm Westview Park GGS Shuttle 5:45pm	11 Practice 3:30pm - 5:00pm Westview Park GGS Shuttle 5:45pm	12 SECTIONAL MEET 10:00am @ Dunlap Valley MS <i>Bus G 7:05am</i> <i>Bus EP 7:20am</i>
13 No practice	14 NO SCHOOL Practice 3:00pm - 4:30pm South Pointe Park No shuttle	15 NO SCHOOL * State Finals Course * Practice (tentative) @ Maxwell Park <i>Bus G 2:15pm</i> <i>Bus EP 2:30pm</i>	16 Practice 3:30pm - 5:00pm Westview Park GGS Shuttle 5:45pm	17 Practice 3:30pm - 5:30pm Westview Park GGS Shuttle 5:45pm	18 Practice 3:30pm - 5:00pm Westview Park GGS Shuttle 5:45pm	19 STATE FINALS 12:15pm Girls 1:00pm Boys @ Maxwell Park <i>Bus G 9:30am</i> <i>Bus EP 9:45am</i>
20	21	22	23	24	25	26