

# EPGJH Cross Country - August 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<b>July 30</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>July 31</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>1</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>2</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>3</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>4</b> Practice 9:30am - 11:15pm Westview Park * <b>Triathlon WO</b> * <i>no shuttle</i>
<b>5</b> No practice	<b>6</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>7</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>8</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>9</b> Practice 4:00pm - 6:00pm Furrow Farm <i>GGs Shuttle 3:30pm</i> * <b>Home Course</b> *	<b>10</b> Practice 4:00pm - 6:00pm South Pointe Park <i>GGs Shuttle 3:30pm</i>	<b>11</b> Brimfield 5K (optional) 8:00am <i>SPP Carpool 6:00am</i> Return 11:00am
<b>12</b> No practice	<b>13</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i> * <b>Yearbook Pictures</b> *	<b>14</b> MEET #1 4:15pm @ Crescent City <i>Bus EP 1:35pm / 1:45pm G</i>	<b>15</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>16</b> Practice 6:00pm - 8:00pm South Pointe Park <i>GGs Shuttle 5:30pm</i>	<b>17</b> Practice 4:00pm - 6:00pm South Pointe Park <i>GGs Shuttle 3:30pm</i>	<b>18</b> MEET #2 9:00am @ Clinton Invite <i>Bus G 7:00am / 7:10am EP</i>
<b>19</b> No practice	<b>20 FIRST DAY OF SCHOOL, 2:30 DISMISSAL</b> Practice 2:30pm - 4:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>21</b> MEET #3 4:00pm @ Eureka <i>Bus G 2:35pm</i>	<b>22</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>23</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>24</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>25</b> Practice 9:30am - 11:30am Furrow Farm <i>no shuttle</i> * <b>Home Course</b> *
<b>26</b> No practice	<b>27</b> MEET #4 4:15pm @ Pontiac <i>Bus G 2:30pm</i>	<b>28</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>29</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>30</b> MEET #5 4:15pm @ Metamora <i>Bus G 2:25pm</i>	<b>31</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	

# EPGJH Cross Country - September 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<b>1</b> Practice 9:30am - 11:30am Furrow Farm <i>no shuttle</i> * <b>Home Course</b> *
<b>2</b> No practice	<b>3 NO SCHOOL</b> Practice 9:30am- 11:00am South Pointe Park  <i>no shuttle</i>	<b>4</b> MEET #6 4:00pm @ EPGJH Invitational <i>Bus G 2:35pm</i>	<b>5</b> Practice 3:30pm - 5:30pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>6</b> Practice 3:30pm - 5:30pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>7 NO SCHOOL</b> Practice 10:00am- 11:30am South Pointe Park  <i>no shuttle</i>	<b>8</b> MEET #7 9:30am @ Parkside Invite  <i>Bus G 7:10am / 7:20am EP</i>
<b>9</b> No practice	<b>10</b> Practice 3:30pm - 5:30pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>11</b> Practice 3:30pm - 5:30pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>12</b> Practice 3:45pm - 5:45pm Trail by EPGHS  <i>Bus Pass Grid Stu. Link Shuttle 6:00pm</i>	<b>13</b> Practice 3:30pm - 5:30pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>14</b> MEET #8 4:00pm @ Corpus Christi Invite <i>Bus G 2:10pm</i>	<b>15</b> Practice 9:45am - 11:15am Furrow Farm <i>no shuttle</i> * <b>Home Course</b> *
<b>16</b> No practice	<b>17</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>18</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>19</b> Practice 3:45pm - 5:45pm Trail by EPGHS <i>Bus Pass Grid Stu. Link Shuttle 6:00pm</i>	<b>20</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>21 2:30 DISMISSAL</b> MEET #9 4:00pm @ Dunlap Invite <i>Bus G 1:40</i>	<b>22</b> Practice 9:45am-11:15am South Pointe Park <i>no shuttle</i>
<b>23</b> No practice	<b>24</b> MEET #10 4:30pm @ Furrow Farm <i>Bus G 2:45pm</i>	<b>25</b> Practice / Volunteer 3:45pm - 6:00pm Furrow Farm <i>no shuttle</i> * <b>Help with HS Meet</b> *	<b>26</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>27</b> Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>28</b> Practice 3:30pm - 5:00pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>29</b> MEET #11 9:00am @Delavan Invite <i>Bus G 6:30am / 6:40am EP</i>

# EPGJH Cross Country - October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>30</b> No practice	<b>1</b> Practice 3:30pm - 6:30pm <i>SECTIONAL COURSE</i>	<b>2</b> Practice 3:30pm - 5:00pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>3</b> No practice	<b>4</b> Practice 3:45pm - 5:45pm Trail by EPGHS  <i>Bus Pass Grid Stu. Link Shuttle 6:00pm</i>	<b>5</b> Practice 3:30pm - 5:00pm Westview Park <i>GGs Shuttle 5:45pm</i>	<b>6</b> <b>SECTIONAL MEET</b> 10:00am @ Great Oaks Community Church <i>Bus G 7:25am / 7:35am EP</i>
<b>7</b> No practice	<b>8 NO SCHOOL</b> Practice 4:00pm - 5:45pm <i>SOUTH POINTE PARK</i>	<b>9</b> Practice 3:45pm - 5:45pm <i>TRAIL BY HS</i>  * TEAM DINNER *	<b>10</b> Practice 3:30pm - 5:00pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>11</b> Practice 3:30pm - 5:45pm  Meet at Westview P.  Practice at State Course  <i>Link Shuttle 6:00pm</i>	<b>12</b> Practice 3:30pm - 5:00pm Westview Park  <i>GGs Shuttle 5:45pm</i>	<b>13</b> <b>STATE FINALS</b>  11:00am Girls 11:45am Boys  @Maxwell Park <i>Bus G 7:50am / 8:00am EP</i>