

EPGMS Cross Country - July/August 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	31 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	1 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	2 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	3 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	4 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	5 Evergreen Lake 5K (optional) 8:00am Team Warm-up 7:20am
6 No practice	7 Practice * Parent Meeting @ 5:30pm * 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	8 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	9 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	10 * XC Home Course * Practice 5:30pm - 7:30pm Furrow Farm <i>No shuttle</i>	11 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	12 * Triathlon WO * Practice 9:00am - 10:45am Westview Park <i>No shuttle</i>
13 No practice	14 MEET #1 4:15pm @ Donovan Park Bus G 2:00pm Bus EP 2:15pm	15 Practice 5:30pm - 7:30pm South Pointe Park <i>No shuttle</i>	16 2:30 DISMISSAL Practice * Picture Day @ 2:30pm * 2:30pm - 4:30pm Westview Park GGG Shuttle 4:45pm	17 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	18 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	19 Practice 9:00am - 11:00am South Pointe Park <i>No shuttle</i>
20 No practice	21 MEET #2 4:00pm @ Eureka Upper Lake Bus G 2:15pm	22 Practice 6:15am - 7:30am Westview Park	23 Practice 6:15am - 7:30am Westview Park	24 Practice 6:15am - 7:30am Westview Park	25 Practice 3:30pm - 5:30pm Westview Park	26 MEET #3 9:00am @ Three Sisters Park Bus G 6:45am Bus EP 7:00am
27 No practice	28 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	29 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	30 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	31 * XC Home Course * Practice 3:45pm - 5:45pm Furrow Farm Bus G 3:15pm <i>Parents pick up from farm</i>		

EPGMS Cross Country - September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	2 Practice 9:00am - 10:45pm South Pointe Park <i>No shuttle</i>
3 No practice	4 LABOR DAY No practice	5 MEET #5 4:00pm EPGMS Invitational @ Furrow Farm <i>Bus G 2:35pm</i>	6 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	7 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	8 NO SCHOOL Practice 3:30pm - 5:00pm South Pointe Park <i>No shuttle</i>	9 MEET #6 9:30am @ Maxwell Park <i>Bus G 7:10am</i> <i>Bus EP 7:25am</i>
10 No practice	11 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	12 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	13 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	14 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	15 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	16 Practice 9:00am - 10:45pm South Pointe Park <i>No shuttle</i>
17 No practice	18 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	19 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	20 MEET #7 4:00pm @ Ewing Park <i>Bus G 2:10pm</i>	21 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	22 MEET #8 4:00pm @ Detweiller Park <i>Bus G 1:40pm</i>	23 * XC Home Course * Practice 9:00am - 10:15am Furrow Farm <i>No shuttle</i>
24 No practice	25 MEET #9 4:30pm EPGMS Quadrangular @ Furrow Farm <i>Bus G 2:35pm</i>	26 * XC Home Course * Practice / Volunteer 3:30pm-6:00pm HS Invitational @ Furrow Farm <i>Bus G 2:50pm</i>	27 * Sectional Course * Practice Eastview Christian Church, Normal IL <i>Bus G 2:50pm</i>	28 Practice 3:30pm - 5:30pm Westview Park <i>GGs Shuttle 5:45pm</i>	29 2:30 DISMISSAL Practice 2:30pm - 4:15pm HS Post on Trail <i>Gridley Students-Bus Pass</i>	30 MEET #10 9:00am @ Delavan Schools <i>Bus G 6:30am</i> <i>Bus EP 6:45am</i>

EPGMS Cross Country - October 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 No practice	2 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	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 - 5:15pm Westview Park GGG Shuttle 5:45pm	6 SECTIONAL MEET 4:45pm @ Eastview Christian Church, Normal IL Bus G 2:45pm	7 Practice 9:00am - 10:30am South Pointe Park
8 No practice	9 NO SCHOOL Practice 9:00am - 10:45am South Pointe Park	10 Practice 3:30pm - 5:30pm Westview Park GGG Shuttle 5:45pm	11 * State Course * Practice TBD Maxwell Park	12 Practice 3:30pm - 5:00pm Westview Park GGG Shuttle 5:45pm	13 Practice 3:30pm - 5:00pm Westview Park GGG Shuttle 5:45pm	14 STATE FINALS 10:45am Girls 11:30am Boys @ Maxwell Park Bus G 8:00am Bus EP 8:15am
16	17	18	19	20	21	22
23	24	25	26	27	28	29