

# EPGMS Cross Country - July/August 2023

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

# EPGMS Cross Country - September 2023

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

# EPGMS Cross Country - October 2023

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