

EPGMS Cross Country - August 2025

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

EPGMS Cross Country - September 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 LABOR DAY No practice	2 Practice 3:30pm - 5:30pm Westview Park	3 Practice 3:30pm - 5:30pm Westview Park	4 Practice 3:30pm - 5:30pm Westview Park	5 NO SCHOOL <i>* XC Home Course *</i> Practice 8:30am - 10:30am Furrow Farm	6 Practice 8:30am - 10:00am South Pointe Park
7 No practice	8 Practice 3:30pm - 5:30pm Westview Park	9 MEET #4 4:00pm EPGMS Invitational @ Furrow Farm Bus G 2:35pm	10 Practice 3:30pm - 5:30pm Westview Park	11 Practice 3:30pm - 5:30pm Westview Park	12 Practice 3:30pm - 5:30pm Westview Park	13 MEET #5 9:30am @ Maxwell Park Bus G 7:10am Bus EP 7:25am
14 No practice	15 Practice 3:30pm - 5:30pm Westview Park	16 Practice 3:30pm - 5:30pm Westview Park	17 Practice 3:30pm - 5:30pm Westview Park	18 Practice 3:30pm - 5:30pm Westview Park	19 EPGMS 2:30 DISMISSAL Practice 2:30pm - 4:30pm HS Post on Trail <i>All Athletes Take Bus to HS</i>	20 Practice 8:30am - 10:30am South Pointe Park
21 No practice	22 Practice 3:30pm - 5:30pm Westview Park	23 Practice 3:30pm - 5:30pm Westview Park	24 MEET #6 4:00pm @ Ewing Park Bus G 2:10pm	25 Practice 3:30pm - 5:30pm Westview Park	26 MEET #7 4:00pm @ Detweiller Park Bus G 1:40pm	27 <i>* XC Home Course *</i> Practice 9:00am - 10:15am Furrow Farm
28 No practice	29 MEET #8 4:30pm EPGMS Quadrangular @ Furrow Farm Bus G 2:35pm	30 <i>* XC Home Course *</i> Practice / Volunteer 3:30pm-6:00pm HS Invitational @ Furrow Farm Bus G 3:00pm				

EPGMS Cross Country - October 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 * Sectional Course * Practice (tentative) @ TBD <i>Bus G TBD</i>	2 Practice 3:30pm - 5:30pm Westview Park	3 Practice 3:30pm - 5:00pm Westview Park	4 MEET #9 9:00am @ Delavan Schools <i>Bus G 6:30am</i> <i>Bus EP 6:45am</i>
5 No practice	6 Practice 3:30pm - 5:30pm Westview Park	7 Practice 3:30pm - 5:30pm Westview Park	8 Practice 3:30pm - 5:30pm Westview Park	9 Practice 3:30pm - 5:30pm Westview Park	10 NO SCHOOL Practice 8:30am - 10:00am South Pointe Park	11 SECTIONAL MEET TBD @ TBD <i>Bus G 6:30am</i> <i>Bus EP 6:45am</i>
12 No practice	13 NO SCHOOL Practice TBD	14 Practice 3:30pm - 5:30pm Westview Park	15 Practice 3:30pm - 5:30pm Westview Park	16 Practice 3:30pm - 5:30pm Westview Park	17 Practice 3:30pm - 5:00pm Westview Park	18 STATE FINALS TBD @ Maxwell Park
20	21	22	23	24	25	26