EPGMS Cross Country - August 2025									
Mon	Tue	Wed	Thu	Fri	Sat				
<b>4</b> Practice 5:30pm - 7:30pm South Pointe Park	<b>5</b> Practice 5:30pm - 7:30pm <b>HS Post on Trail</b>	<b>6</b> Practice 5:30pm - 7:30pm South Pointe Park	<b>7</b> Practice 5:30pm - 7:30pm South Pointe Park	<b>8</b> Practice <b>3:30pm - 5:30pm</b> South Pointe Park	9 * Triathlon WO * Practice 8:30am - 10:15am Westview Park				
<b>11</b> Practice 5:30pm - 7:30pm South Pointe Park	<b>12</b> EPGMS OPEN HOUSE Practice 5:30pm - 7:30pm South Pointe Park	<b>13</b> Practice 5:30pm - 7:30pm South Pointe Park	<b>14</b> Practice 5:30pm - 7:30pm South Pointe Park	15 EPGMS 11:30 DISMISSAL Practice 3:30pm - 5:30pm South Pointe Park	<b>16</b> * XC Home Course * Practice 8:30am · 10:30am Furrow Farm				
<b>18</b> Practice 3:30pm - 5:30pm Westview Park	<b>19</b> MEET #1 4:15pm @ Donovan Park <i>Bus G 2:00pm</i>	<b>20</b> Practice 3:30pm - 5:30pm Westview Park	<b>21</b> Practice 3:30pm - 5:30pm Westview Park	<b>22</b> Practice 3:30pm - 5:30pm Westview Park	<b>23</b> Practice 8:30am · 10:30am South Pointe Park				
<b>25</b> MEET #2 4:00pm @ Eureka Upper Lake <i>Bus G 2:15pm</i>	<b>26</b> Practice 3:30pm - 5:30pm Westview Park	<b>27</b> Practice 3:30pm - 5:30pm Westview Park	<b>28</b> Practice 3:30pm - 5:30pm Westview Park	<b>29</b> Practice 3:30pm - 5:30pm Westview Park	<b>30</b> MEET #3 9:00am @ Three Sisters Park <i>Bus G 6:45am</i> <i>Bus EP 7:00am</i>				
	Mon 4 Practice 5:30pm · 7:30pm South Pointe Park 11 Practice 5:30pm · 7:30pm South Pointe Park 18 Practice 3:30pm · 7:30pm Westview Park 25 MEET #2 4:00pm @ Eureka Upper Lake	MonTue45Practice5:30pm · 7:30pmSouth Pointe Park5:30pm · 7:30pm11PracticePractice5:30pm · 7:30pmSouth Pointe Park12PracticeEPGMS OPEN HOUSE5:30pm · 7:30pmSouth Pointe ParkSouth Pointe Park19Practice3:30pm · 5:30pmWestview Park19MEET #14:15pm@ Donovan ParkBus G 2:00pmWEET #23:30pm · 5:30pmWEET #23:30pm · 5:30pmWestview Upper LakePractice	MonTueWed45PracticePractice5:30pm · 7:30pmSouth Pointe Park511PracticePractice5:30pm · 7:30pmSouth Pointe Park12PracticeEPGMS OPEN HOUSE5:30pm · 7:30pmPracticeSouth Pointe Park12Practice5:30pm · 7:30pmSouth Pointe Park13Practice5:30pm · 7:30pmSouth Pointe Park5:30pm · 7:30pmSouth Pointe Park5:30pm · 7:30pmSouth Pointe Park19Practice3:30pm · 5:30pmWestview Park19Westview ParkMEET #1 4:15pm @ Donovan Park Bus G 2:00pm2526MEET #2Practice4:00pm @ Eureka Upper Lake26Practice3:30pm · 5:30pmWestview Park3:30pm · 5:30pmWestview Park3:30pm · 5:30pm	MonTueWedThu45Practice7Practice5:30pm · 7:30pmPractice5:30pm · 7:30pmSouth Pointe Park55:30pm · 7:30pmSouth Pointe Park111213PracticePractice5:30pm · 7:30pmSouth Pointe Park5:30pm · 7:30pm14PracticeSouth Pointe Park12Practice5:30pm · 7:30pm5:30pm · 7:30pmSouth Pointe ParkSouth Pointe Park13Practice5:30pm · 7:30pmSouth Pointe ParkSouth Pointe ParkSouth Pointe Park19South Pointe ParkPractice13MEET #13:30pm · 5:30pm4:15pmPractice3:30pm · 5:30pmWestview ParkWestview Park25262728MEET #2Practice3:30pm · 5:30pm4:00pm9:30pm · 5:30pmWestview ParkPractice9:30pm · 5:30pmWestview ParkSi30pm · 5:30pmWestview Park	MonTueWedThuFri4 Practice5 Practice6 Practice7 Practice8 Practice5:30pm · 7:30pm South Pointe Park5:30pm · 7:30pm South Pointe Park7 Practice8 Practice11 Practice 5:30pm · 7:30pm South Pointe Park12 Practice 5:30pm · 7:30pm South Pointe Park14 Practice 5:30pm · 7:30pm South Pointe Park15 EPGMS 0PEN HOUSE Practice 5:30pm · 7:30pm South Pointe Park14 Practice S:30pm · 7:30pm South Pointe Park15 EPGMS 11:30 DISMISSAL Practice S:30pm · 7:30pm South Pointe Park18 Practice 3:30pm · 5:30pm Westview Park19 Westview Park20 Practice 3:30pm · 5:30pm Westview Park21 Practice 3:30pm · 5:30pm Westview Park22 Practice 3:30pm · 5:30pm Westview Park22 Practice 3:30pm · 5:30pm Westview Park22 Practice 3:30pm · 5:30pm Westview Park29 Practice 3:30pm · 5:30pm Westview Park				

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EPGMS Cross Country - September 2025								
Sun	Mon	Tue	Wed	Thu	Fri	Sat		
	<b>1</b> LABOR DAY No practice	<b>2</b> Practice 3:30pm - 5:30pm Westview Park	<b>3</b> Practice 3:30pm - 5:30pm Westview Park	<b>4</b> Practice 3:30pm - 5:30pm Westview Park	5 NO SCHOOL * XC Home Course * Practice 8:30am - 10:30am Furrow Farm	<b>6</b> Practice 8:30am · 10:00am South Pointe Park		
<b>7</b> No practice	<b>8</b> Practice 3:30pm - 5:30pm Westview Park	<b>9</b> MEET #4 4:00pm <b>EPGMS Invitational</b> @ Furrow Farm <b>Bus G 2:35pm</b>	<b>10</b> Practice 3:30pm - 5:30pm Westview Park	<b>11</b> Practice 3:30pm - 5:30pm Westview Park	<b>12</b> Practice 3:30pm - 5:30pm Westview Park	<b>13</b> MEET #5 9:30am @ Maxwell Park <i>Bus G 7:10am</i> <i>Bus EP 7:25am</i>		
<b>14</b> No practice	<b>15</b> Practice 3:30pm · 5:30pm Westview Park	<b>16</b> Practice 3:30pm - 5:30pm Westview Park	<b>17</b> Practice 3:30pm - 5:30pm Westview Park	<b>18</b> Practice 3:30pm - 5:30pm Westview Park	19 EPGMS 2:30 DISMISSAL Practice 2:30pm · 4:30pm HS Post on Trail All Athletes Take Bus to HS	<b>20</b> Practice 8:30am - 10:30am South Pointe Park		
<b>21</b> No practice	<b>22</b> Practice 3:30pm - 5:30pm Westview Park	<b>23</b> Practice 3:30pm - 5:30pm Westview Park	<b>24</b> MEET #6 4:00pm @ Ewing Park <i>Bus G 2:10pm</i>	<b>25</b> Practice 3:30pm - 5:30pm Westview Park	<b>26</b> MEET #7 4:00pm @ Detweiller Park <i>Bus G 1:40pm</i>	<b>27</b> * XC Home Course * Practice 9:00am · 10:15am Furrow Farm		
<b>28</b> No practice	<b>29</b> MEET #8 4:30pm <b>EPGMS Quadrangular</b> @ Furrow Farm <i>Bus G 2:35pm</i>	30 * XC Home Course * Practice / Volunteer 3:30pm-6:00pm HS Invitational @ Furrow Farm Bus G 3:00pm						

EPGMS Cross Country - October 2025								
Mon	Tue	Wed	Thu	Fri	Sat			
		<b>1</b> * Sectional Course * Practice (tentative) @ TBD <i>Bus G TBD</i>	<b>2</b> Practice 3:30pm - 5:30pm Westview Park	<b>3</b> Practice 3:30pm - 5:00pm Westview Park	<b>4</b> MEET #9 9:00am @ Delavan Schools <i>Bus G 6:30am</i> <i>Bus EP 6:45am</i>			
<b>6</b> Practice 3:30pm - 5:30pm Westview Park	<b>7</b> Practice 3:30pm - 5:30pm Westview Park	<b>8</b> Practice 3:30pm - 5:30pm Westview Park	<b>9</b> Practice 3:30pm - 5:30pm Westview Park	<b>10</b> NO SCHOOL Practice 8:30am - 10:00am South Pointe Park	11 SECTIONAL MEET TBD @ TBD Bus G 6:30am Bus EP 6:45am			
<b>13</b> <b>NO SCHOOL</b> Practice TBD	<b>14</b> Practice 3:30pm - 5:30pm Westview Park	<b>15</b> Practice 3:30pm - 5:30pm Westview Park	<b>16</b> Practice 3:30pm - 5:30pm Westview Park	<b>17</b> Practice 3:30pm - 5:00pm Westview Park	<b>18 STATE FINALS</b> TBD @ Maxwell Park			
21	22	23	24	25	26			
	Mon 6 Practice 3:30pm - 5:30pm Westview Park 13 NO SCHOOL Practice TBD	MonTueMonTueImage: Strain Stra	MonTueWedI * Sectional Course * Practice (tentative) @ TBD Bus G TBD1 * Sectional Course * Practice (tentative) @ TBD Bus G TBD6 Practice 3:30pm · 5:30pm Westview Park7 Practice 3:30pm · 5:30pm Westview Park8 Practice 3:30pm · 5:30pm Westview Park13 NO SCHOOL Practice TBD14 Practice 3:30pm · 5:30pm Westview Park15 Practice 3:30pm · 5:30pm Westview Park	MonTueWedThuI * Sectional Course * Practice (tentative) @ TBD Bus G TBD2 Practice 3:30pm · 5:30pm Westview Park2 Practice 3:30pm · 5:30pm Westview Park2 Practice 3:30pm · 5:30pm Westview Park6 Practice 3:30pm · 5:30pm Westview Park7 Practice 3:30pm · 5:30pm Westview Park8 Practice 3:30pm · 5:30pm Westview Park9 Practice 3:30pm · 5:30pm Westview Park13 No SCHOOL Practice TBD14 Practice 3:30pm · 5:30pm Westview Park15 Practice 3:30pm · 5:30pm Westview Park16 Practice 3:30pm · 5:30pm Westview Park	MonTueWedThuFri1 * Sectional Course * Practice (tentative) @ TBD Bus G TBD2 Practice 3:30pm · 5:30pm Westview Park3 Practice 3:30pm · 5:00pm Westview Park3 Practice 3:30pm · 5:00pm Westview Park6 Practice 3:30pm · 5:30pm Westview Park7 Practice 3:30pm · 5:30pm Westview Park8 Practice 3:30pm · 5:30pm Westview Park9 Practice 3:30pm · 5:30pm Westview Park10 No SCHOOL Practice 3:30pm · 5:30pm Westview Park13 No SCHOOL Practice TBD14 Practice 3:30pm · 5:30pm Westview Park15 Practice 3:30pm · 5:30pm Westview Park16 Practice 3:30pm · 5:30pm Westview Park17 Practice 3:30pm · 5:30pm Westview Park			