

# EPGMS Cross Country - August 2025

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>3</b> No practice	<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	<b>9</b> <b>* Triathlon WO *</b> Practice 8:30am - 10:15am <b>Westview Park</b>
<b>10</b> No practice	<b>11</b> Practice 5:30pm - 7:30pm South Pointe Park	<b>12</b> <b>EPGMS OPEN HOUSE</b> <b>6:00pm - 8:00pm</b> Practice <b>3:30pm - 5:30pm</b> 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	<b>15</b> <b>EPGMS 11:30 DISMISSAL</b> Practice <b>3:30pm - 5:30pm</b> South Pointe Park	<b>16</b> <b>* XC Home Course *</b> Practice 8:30am - 10:30am <b>Furrow Farm</b>
<b>17</b> No practice	<b>18</b> Practice 3:30pm - 5:30pm Westview Park	<b>19</b> MEET #1 4:15pm @ Donovan Park <b>Bus G 2:00pm</b>	<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>24</b> No practice	<b>25</b> MEET #2 4:00pm @ Eureka Upper Lake <b>Bus G 2:15pm</b>	<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 <b>Bus G 6:45am</b> <b>Bus EP 7:00am</b>
<b>31</b> No practice						

# EPGMS Cross Country - September 2025

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

# EPGMS Cross Country - October 2025

Sun	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>5</b> No practice	<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	<b>11</b> SECTIONAL MEET TBD @ TBD <i>Bus G 6:30am</i> <i>Bus EP 6:45am</i>
<b>12</b> No practice	<b>13</b> NO SCHOOL 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</b> STATE FINALS TBD @ Maxwell Park
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>