

EPGMS Cross Country - August 2026

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

EPGMS Cross Country - September 2026

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Practice 3:30pm - 5:30pm Westview Park	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 Practice 8:30am - 10:15am South Pointe Park
6 No practice	7 LABOR DAY No practice	8 MEET #4 4:00pm EPGMS Invitational @ Furrow Farm Bus G 2:35pm	9 Practice 3:30pm - 5:30pm Westview Park	10 Practice 3:30pm - 5:30pm Westview Park	11 NO SCHOOL Practice 9:00am - 10:15am South Pointe Park	12 MEET #5 9:00am @ Maxwell Park Bus G 6:45am Bus EP 7:00am
13 No practice	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 - 5:30pm Westview Park	18 EPGMS 2:30 DISMISSAL Practice 2:30pm - 4:30pm HS Post on Trail <i>All Athletes Take Bus to HS</i>	19 Practice 8:30am - 10:30am South Pointe Park
20 No practice	21 Practice 3:30pm - 5:30pm Westview Park	22 Practice 3:30pm - 5:30pm Westview Park	23 MEET #6 4:00pm @ Ewing Park Bus G 2:10pm	24 Practice 3:30pm - 5:30pm Westview Park	25 MEET #7 4:00pm @ Detweiller Park Bus G 1:40pm	26 * XC Home Course * Practice 9:00am - 10:15am Furrow Farm
27 No practice	28 MEET #8 4:30pm EPGMS Quadrangular @ Furrow Farm Bus G 2:35pm	29 * XC Home Course * Practice / Volunteer 3:30pm-6:00pm HS Invitational @ Furrow Farm Bus G 2:30pm	30 EPGMS 11:30 DISMISSAL * Sectional Course * Practice @ TBD Bus TBD			

EPGMS Cross Country - October 2026

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