

Falmouth Middle School Cross Country Calendar 2022

- All practices meet **BEHIND THE MIDDLE SCHOOL** in front of the field hockey practice field/softball field at the shed. Be prepared to run- running shoes, water bottle, and weather appropriate attire(shorts, long sleeve shirts, hat, gloves etc.).
- **Practices are 2:35-3:45 everyday after school.** Kids may take the late buses home or get picked up by an adult.
- Meet days are mostly Wednesdays, but there are a few Thursday meets starting at 3:45 or 4:00. Hopefully, a bus will take us to the meets. Parents, you may come watch and pick up your child at meet's end, or your child can take the bus home with us after the meet where they will need to be picked up at Falmouth Middle School behind the school. A meet is usually somewhere between 1-2 hours.
- Race distances are 1.5 miles or 1.86 miles. The Bonny Eagle first meet is 1 mile.
- Our HOME Meet is at the Falmouth Community Park. The course starts and finishes on the very last field all the way in the back.
- **DO YOUR BEST** everyday!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
9/4	9/5 Labor Day NO SCHOOL	9/6 First Practice! - no late bus	9/7 Practice- no late bus	9/8 Practice-no late bus	9/9 Practice- no late bus Optional	9/10
9/11	9/12 Practice	9/13 Practice	9/14 Practice	9/15 @BONNY EAGLE <i>(all schools!)</i>	9/16 Practice- no late bus Optional	9/17
9/18	9/19 Practice	9/20 Practice	9/21(Early Release) @ Smiling Hill Farm - Westbrook <i>vs. Gorham, King, OH</i>	9/22 Practice	9/23 Practice- no late bus Optional	9/24
9/25	9/26 Practice	9/27 Practice	9/28 @HOME vs. Gor, Scar, SMC, Lew, Auburn	9/29 Practice	9/30 Practice- no late bus Optional	10/1

10/2	10/3 Practice	10/4 Practice	10/5 @OX HILLS vs. SMC, LM	10/6 Practice	10/7 No School	10/8
10/9	10/10 No School	10/11 Practice	10/12 @AUBURN vs. West, BE, Friends, Lew & Aub	10/13 Practice	10/14 Practice- no late bus Optional	10/15
10/16	10/17 Practice	10/18 Practice	10/19 Early Release- No Practice	10/20 @SP GOLF COURSE Festival Meet!	10/21 END OF SEASON!	10/22