

FMS 2023 XC Team Information Sheet and Calendar

- 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 Tuesdays and Thursdays and 1 Wednesday meet starting at 3:45 or 4:00. Hopefully, a bus will take us to the meets. Parents, you may come and cheer and your child can go home with you or take the bus home with us after to be picked up at Falmouth Middle School behind the school. A meet is usually somewhere between 1-2 hours.
- Race distances are 1.0 miles - 1.86 miles depending on the course. The first meet is at Bonny Eagle and is 1 mile. ***The boys run first this year!!!***
- 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.
- The one thing the coaches ask of you is....Do YOUR very BEST everyday!
- **Fridays** are listed as optional practice days only because there is no late bus. We expect you to attend or run on your own. We will be there and hope everyone will attend.

We look forward to seeing you and having an awesome time together this xc season!!

Go Navigators!



FMS 2023 XC Calendar

Mon	Tue	Wed	Thu	Fri
Mon., 9/4 NO School! Labor Day...	Tues., 9/5 No Practice... Sign-ups!	Wed., 9/6 No Practice... Sign-ups!	Thurs., 9/7 No Practice... Sign-ups!	Fri., 9/8 No Practice! XC Sign ups
Mon., 9/11 1st Practice!! 2:35 - 3:45	Tues., 9/12 Practice 2:35 - 3:45	Wed., 9/13 Practice 2:35 - 3:45	Thurs., 9/14 Practice 2:35 - 3:45	Fri., 9/15 <i>Optional Practice</i> (no late bus) 2:35 - 3:45
Mon., 9/18 Practice 2:35 - 3:45	Tues., 9/19 Practice 2:35 - 3:45	Wed., 9/20 No Practice (Early Release)	Thurs. 9/21 AWAY Meet @ Bonny Eagle Middle School @ 4:00 (Bus @ 2:40)	Fri., 9/22 No Practice!
Mon., 9/25 Practice 2:35 - 3:45	Tues., 9/26 AWAY Meet vs. Gorham, Scarborough & Bonny Eagle @ 3:45 Peterson Field in Scarborough (Bus @ 2:40)	Wed., 9/27 Practice 2:35 - 3:45	Thurs., 9/28 Practice 2:35 - 3:45	Fri., 9/29 <i>Optional Practice</i> (no late bus) 2:35 - 3:45
Mon., 10/2 Practice 2:35 - 3:45	Tues., 10/3 Practice 2:35 - 3:45	Wed., 10/4 Practice 2:35 - 3:45	Thurs., 10/5 HOME Meet @ 4:00 vs. SMC, Lincoln, Lyman Moore & Westbrook @ Falmouth Community Park (Bus @ 2:40)	Fri., 10/6 No School - Teacher In-Service Day No Practice!

<p>Mon., 10/9</p> <p>No School - Holiday</p> <p>No Practice!</p>	<p>Tues., 10/10</p> <p>AWAY Meet @ 3:45 vs. Lyman Moore, SMC, and Auburn @ Lyman Moore Middle School (Bus @ 2:40)</p>	<p>Wed., 10/11</p> <p>Practice 2:35 - 3:45</p>	<p>Thurs., 10/12</p> <p>Practice 2:35 - 3:45</p>	<p>Fri., 10/13</p> <p>No Practice!</p>
<p>Mon., 10/16</p> <p>Practice 2:35 - 3:45</p>	<p>Tues., 10/17</p> <p>Practice 2:35 - 3:45</p>	<p>Wed., 10/18</p> <p>Early Release AWAY Meet vs. Lyman Moore, Windham, and Westbrook @ 3:45 - Team meets @ Smiling Hill Farm (No bus!)</p>	<p>Thurs., 10/19</p> <p>Practice 2:35 - 3:45</p>	<p>Fri., 10/20</p> <p><i>Optional Practice</i> (no late bus)</p> <p>2:35 - 3:45</p>
<p>Mon., 10/23</p> <p>Practice 2:35 - 3:45</p>	<p>Tues., 10/24</p> <p>Practice 2:35 - 3:45</p>	<p>Wed., 10/25</p> <p>Practice 2:35 - 3:45</p>	<p>Thurs., 10/26</p> <p>AWAY Meet @ Bonny Eagle @ 4:00 (Festival Meet) @ Bonny Eagle (Bus @ 2:40)</p>	<p>Fri., 10/27</p> <p>No Practice!</p>
<p>Mon., 10/30</p> <p>Last Practice! Return Uniforms and Celebration!</p>				