

FMS 2024 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 Wednesday and the final festival meet on Thursday, 10/24 at Bonny Eagle. Meets starting at 3:45 or 4:00 with most walk throughs at 3:30. Buses will be transporting us to and from the meets. Parents who attend the meet are welcome to bring their child home, please just let a coach know before you head out, at the end of the meet.
- 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 girls run first this year!!!***
- Our HOME Meet is on Wednesday, 10/9 at Falmouth Middle School. The course starts and finishes on the field behind the softball field next to the track.
- 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 XC Schedule

Mon	Tue	Wed	Thu	Fri
Mon., 9/2 NO School! Labor Day...	Tues., 9/3 No Practice... Sign-ups!	Wed., 9/4 NO LATE BUS! Optional Practice 2:35 - 3:45	Thurs., 9/5 NO LATE BUS! Optional Practice 2:35 - 3:45	Fri., 9/6 No Practice!
Mon., 9/9 No Practice!	Tues., 9/10 Practice 2:35 - 3:45	Wed., 9/11 Practice 2:35 - 3:45	Thurs., 9/12 Practice 2:35 - 3:45	Fri., 9/13 <i>Optional Practice</i> (no late bus) 2:35 - 3:45
Mon., 9/16 Practice 2:35 - 3:45	Tues., 9/17 AWAY Relay Meet vs All Schools @ Bonny Eagle Middle School, @ 4:00 (Bus @ 2:40)	Wed., 9/18 No Practice (Early Release)	Thurs. 9/19 Practice 2:35 - 3:45	Fri., 9/20 <i>Optional Practice</i> (no late bus) 2:35 - 3:45
Mon., 9/23 Practice 2:35 - 3:45	Tues., 9/24 AWAY Meet vs. Lincoln, Lewiston, King, SMC @Lincoln Middle School, Baxter Woods 3:45 (Bus@2:40)	Wed., 9/25 Practice 2:35 - 3:45	Thurs., 9/26 Practice 2:35 - 3:45	Fri., 9/27 No Practice! FHS Home Meet @ Falmouth Community Park
Mon., 9/30 Practice 2:35 - 3:45	Tues., 10/1 Practice 2:35 - 3:45	Wed., 10/2 AWAY Meet vs. Scarborough, BE, King, SMC@ Peterson Field Scarborough 3:45 (Bus @ 2:40)	Thurs., 10/3 Practice 2:35 - 3:45	Fri., 10/4 <i>Optional Practice</i> (no late bus) 2:35 - 3:45

<p>Mon., 10/7</p> <p>Practice 2:35 - 3:45</p>	<p>Tues., 10/8</p> <p>Practice 2:35 - 3:45</p>	<p>Wed., 10/9</p> <p>HOME Meet vs. SP, Lyman Moore, Gorham, Friends School @ Falmouth School Complex, behind the softball field next to the track @3:45</p>	<p>Thurs., 10/10</p> <p>Practice 2:35 - 3:45</p>	<p>Fri., 10/11</p> <p>No School - Teacher In-Service Day</p> <p>No Practice!</p>
<p>Mon., 10/14</p> <p>No School - Holiday</p> <p>No Practice!</p>	<p>Tues., 10/15</p> <p>Practice 2:35 - 3:45</p>	<p>Wed., 10/16</p> <p>AWAY Meet vs. SP, Gorham, Windham, SMC @ SP Wainwright Sports Complex at 3:45</p>	<p>Thurs., 10/17</p> <p>Practice 2:35 - 3:45</p>	<p>Fri., 10/18</p> <p><i>Optional Practice</i> (no late bus)</p> <p>2:35 - 3:45</p>
<p>Mon., 10/21</p> <p>Practice 2:35 - 3:45</p>	<p>Tues., 10/22</p> <p>Practice 2:35 - 3:45</p>	<p>Wed., 10/23</p> <p>No Practice (Early Release)</p>	<p>Thurs., 10/24</p> <p>AWAY Festival Meet vs. All Schools 1.5 mile Course @Bonny Eagle 4:00 (Bus @ 2:40)</p>	<p>Fri., 10/25</p> <p>No Practice!</p>
<p>Mon., 10/28</p> <p>Last Practice! Return Uniforms and Celebration!</p>				