# FMS 2025 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 - you will need running shoes, water bottle, snack, and weather appropriate attire (shorts, long sleeve shirts, hat, gloves etc.).

- **Practices are 2:35-3:45 everyday (Friday is optional) after school**. Kids may take the late buses home or get picked up by an adult. All students must be picked up on Fridays. NO Late Bus on Fridays.

**Please pick up your runners at the shed behind the school from practice and when we return from meets.**

- Meet days are Tuesdays with the final festival meet on Thursday, 10/23 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 meets 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 boys run first this year!!!***
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- Our HOME Meet is on Tuesday, September 23rd 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!

- **Again Fridays are listed as optional practice days because there is no late bus. If you don't attend practice you will need to run on your own (with teammates, friends, family, etc.)**
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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 |
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| **Mon., 9/8**<br><br>**WELCOME!**<br>**1st Practice** | **Tues., 9/9**<br><br>**Practice**<br>**2:35 - 3:45** | **Wed., 9/10**<br><br>**Practice**<br>**2:35 - 3:45** | **Thurs., 9/11**<br><br>**Practice**<br>**2:35 - 3:45** | **Fri., 9/12**<br><br>***Optional Practice***<br>**(no late bus)**<br>**2:35 - 3:45** |
| **Mon., 9/15**<br><br>**Practice**<br>**2:35 - 3:45** | **Tues., 9/16**<br><br>**AWAY Relay Meet vs All Schools @ Bonny Eagle Middle School, @ 3:45**<br>**(Bus @ 2:40)** | **Wed., 9/17**<br><br>**No Practice (Early Release)** | **Thurs., 9/18**<br><br>**Practice**<br>**2:35 - 3:45** | **Fri., 9/19**<br><br>***Optional Practice***<br>**(no late bus)**<br>**2:35 - 3:45** |
| **Mon., 9/22**<br><br>**Practice**<br>**2:35 - 3:45** | **Tues., 9/23**<br><br>**HOME Meet vs. KIng, Scarborough, SMC, and Westbrook @ Falmouth School Complex, behind the softball field next to the track @3:45** | **Wed., 9/24**<br><br>**Practice**<br>**2:35 - 3:45** | **Thurs. 9/25**<br><br>**Practice**<br>**2:35 - 3:45** | **Fri., 9/26**<br><br>***Optional Practice***<br>**(no late bus)**<br>**2:35 - 3:45** |
| **Mon., 9/29**<br><br>**Practice**<br>**2:35 - 3:45** | **Tues., 9/30**<br><br>**AWAY Meet vs. Lewiston, Lincoln, Westbrook, and Auburn Middle Schools @ Auburn MS @3:45** | **Wed., 10/1**<br><br>**Practice**<br>**2:35 - 3:45** | **Thurs., 10/2**<br><br>**Practice**<br>**2:35 - 3:45** | **Fri., 10/3**<br><br>***Optional Practice***<br>**(no late bus)**<br>**2:35 - 3:45** |

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| **Mon., 10/6**<br><br>**Practice**<br>**2:35 - 3:45** | **Tues., 10/7**<br><br>**Practice**<br>**2:35 - 3:45**<br>**Away Meet vs.Friends School of Portland, Oxford Hills Middle School, King Middle School, Lincoln Middle School 4:00 at Deering Oaks on Deering Ave in Portland (Bus @ 2:40)** | **Wed., 10/8**<br><br>**Practice**<br>**2:35 - 3:45** | **Thurs., 10/9**<br><br>**Practice**<br>**2:35 - 3:45** | **Fri., 10/10**<br><br>**No School - Teacher In-Service Day**<br><br>**No Practice** |
| **Mon., 10/13**<br><br>**No School - Holiday**<br><br>**No Practice!** | **Tues., 10/14**<br><br>**AWAY Meet vs. Lyman Moore, Scarborough, Lincoln, and BE, @ Lincoln Middle School - 4:00 at Baxter Woods on Stevens Ave. (Bus @ 2:40)** | **Wed., 10/15**<br><br>**Practice**<br>**2:35 - 3:45** | **Thurs., 10/16**<br><br>**Practice**<br>**2:35 - 3:45** | **Fri., 10/17**<br><br>***Optional Practice***<br>**(no late bus)**<br><br>**2:35 - 3:45** |
| **Mon., 10/20**<br><br>**Practice**<br>**2:35 - 3:45** | **Tues., 10/21**<br><br>**Practice**<br>**2:35 - 3:45** | **Wed., 10/22**<br>**Early Release**<br><br>**AWAY Festival Meet vs. All Schools 1.5 mile Course @Bonny Eagle 3:45**<br>**(Bus @ 2:40)** | **Thurs., 10/23**<br><br>**Last Practice!**<br>**Return Uniforms and Celebration** | **Fri., 10/24**<br><br>**No Practice** |
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