

MascoGirls Cross Country 2024 Preseason Schedule

Date	Event	Levels	Time	Location	Shirt Color
Mon, Aug 19	First Practice	ALL	8-10 AM	Field House	
Tue, Aug 20	Practice	ALL	8-10 AM	Field House	
Wed, Aug 21	Practice	ALL	8-10 AM	Field House	
Thu, Aug 22	Practice	ALL	8-10 AM	Field House	
Fri, Aug 23	Practice	ALL	8-10 AM	Field House	
Sat, Aug 24	OFF				
Sun, Aug 25	OFF				
Mon, Aug 26	Practice	ALL	2:30-4:30 PM	Field House	
Tue, Aug 27	Grade 7/9 Orientation - Practice	ALL	2:30-4:30 PM	Field House	
Wed, Aug 28	First Day of School - Practice	ALL	2:30-4:30 PM	Field House	
Thu, Aug 29	Scrimmage vs Newburyport	ALL	TBA	Bradley Palmer	
Fri, Aug 30	No School - Practice	ALL	8-10 AM	Field House	
Sat, Aug 31	OFF				
Sun, Sep 1	OFF				
Mon, Sep 2	OFF				
Tue, Sep 3	Practice	ALL	3-4:30 PM	Field House	
Wed, Sep 4	Home Meet v Gloucester	ALL	Bus at 2:15	Bradley Palmer	

**** Have you submitted your registration and UPDATED PHYSICAL? ****

Students will not be permitted to begin their try-out until their registration and physical paperwork has been processed.

Please keep a copy for your records. Physicals expire **13 months after the appointment.**

NO EXCEPTIONS.

No team may have more than thirteen (13) single practice sessions (i.e., "double sessions" count as two single practice sessions) through and including the Friday before Labor Day

Double practice sessions are not permitted on the first three days of fall practice.