

## Masco Girls Cross Country 2025 Preseason Schedule

Date	Event	Levels	Time	Location	Shirt Color
Mon, Aug 18	First Practice	ALL	8-10 AM	Masco Track	
Tue, Aug 19	Practice	ALL	8-10 AM	Masco Track	
Wed, Aug 20	Practice	ALL	8-10 AM	Masco Track	
Thu, Aug 21	Practice	ALL	8-10 AM	Masco Track	
Fri, Aug 22	Practice	ALL	8-10 AM	Masco Track	
Sat, Aug 23	OFF				
Sun, Aug 24	OFF				
Mon, Aug 25	Practice - <a href="#">Teachers Report</a>	ALL	2:30-4:30 PM	Masco Track	
8/26/2025 - 9th Grade Orientation	<b>Grade 7/9 Orientation - Practice</b>	ALL	2:30-4:30 PM	Masco Track	
Wed, Aug 27	Practice <a href="#">1st Day of School (12pm dismissal)</a>	ALL	2:30-4:30 PM	Masco Track	
Thu, Aug 28	Scrimmage @ Newburyport	ALL	Bus leaves 2:30	Maudslay Nbpt	
Fri, Aug 29	OFF				
Sat, Aug 30	OFF				
Sun, Aug 31	OFF				
Mon, Sep 1	Practice - <a href="#">Labor Day</a>	ALL	3-4:30 PM	Masco Track	
Tue, Sep 2	Practice	ALL	3-4:30 PM	Masco Track	
Wed, Sep 3	Meet @ Danvers	ALL	Bus at 2:15	Masco Track	

**\*\* 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.