GFC Girls XC Week 9
October 5th-11th

Hi GFC Girls Cross Country Parents!

This week is our **East Region (EDC) meet which will be Saturday, October 10th** at Lincoln Park. Everyone will be competing in either the 3k or 5k races. At home, we definitely want to get a lot of sleep and rest to be ready!

It could also be the last race for some this season (those not competing at state). We will all meet on Monday to go over the EDC meet and hand out any PR stickers. Uniforms can be turned in as well or anytime during the week.

***East Region Meet Info:**
https://storage.googleapis.com/anet_user_files/meet/xc/278116/EDC_XC_Info_Letter_2026_(2).pdf

MS/JV be at team tent 10:30am
Varsity by 11:45am

***Team Pasta Dinner:**
This will be for everyone competing at EDC. It will be at 6:00pm in the GFC commons. There is a sign up genius which is on our Group Me- please sign up to bring things!

Instagram: gfcgirlsxc - meet highlights and team pictures

Kyle Rosseau.
Email: krosseau050@mygfschools.org
Cell: 218-230-9823