



# 2022 Islander Middle School Cross Country Schedule

Updated: 08/18/2022

DAY	DATE	OPPONENT	LOCATION	START	SCHOOL DISMISSAL
Wednesday	Aug 31	<i>First Practice</i>	Islander MS	1:30 pm	1:20 pm
Thursday	Sept 22	<i>Chief Kanim MS</i>	Islander MS	4:00 pm <b>B/G</b>	2:50 pm
Thursday	Sept 29	<i>Tolt MS</i>	Tolt MS	4:00 pm <b>G/B</b>	2:00 pm
Thursday	Oct 6	<i>Snoqualmie MS</i>	Islander MS	4:00 pm <b>B/G</b>	2:50 pm
Tuesday	Oct 11	<i>Twin Falls MS</i>	Twin Falls MS	4:00 pm <b>G/B</b>	2:00 pm
Tuesday	Oct 18	<i>League Finals (All Schools)</i>	Snoqualmie MS (Centennial Fields)	3:30 pm <b>B/G</b>	2:00 pm

## IMPORTANT INFORMATION

- *Sports eligibility packet (including physical examination form) must be complete before attending practice.*
- *Athletes must participate in a minimum of 8 practices to be eligible to compete in Cross Country meets.*
- *Masks are optional for athletes, coaches and spectators, in accordance with Washington DOH guidelines.*
- *Athletes will be dismissed according to schedule above for AWAY Cross Country meets.*
- *Athletes change into uniforms at lunch for away meets. Buses depart 10 minutes after school dismissal.*
- *There are four separate races in each Cross Country Meet. The race order is as follows:*
  - ✓ **G/B** → 1<sup>st</sup> race 6<sup>th</sup> grade GIRLS, then 6<sup>th</sup> BOYS, then 7<sup>th</sup>/8<sup>th</sup> GIRLS, last race 7<sup>th</sup>/8<sup>th</sup> BOYS
  - ✓ **B/G** → 1<sup>st</sup> race 6<sup>th</sup> grade BOYS, then 6<sup>th</sup> GIRLS, then 7<sup>th</sup>/8<sup>th</sup> BOYS, last race 7<sup>th</sup>/8<sup>th</sup> GIRLS

<b>CHIEF KANIM MS</b> 32627 SE Redmond-Fall City Road Fall City 98024 (425) 831-8225	<b>SNOQUALMIE MS</b> (Centennial Fields) 39903 SE Park St Snoqualmie 98065 (425) 831-8000	<b>TOLT MS</b> 3740 Tolt Avenue Carnation 98014 (425) 844-4600	<b>TWIN FALLS MS</b> 46910 SE Middle Fork Road North Bend 98045 (425) 831-4150
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