



2023 Islander Middle School Cross Country Schedule

Updated: 08/23/2023

| DAY | DATE | OPPONENT | LOCATION | START | SCHOOL DISMISSAL |
|-----------|---------|--|----------------|-----------------------|------------------|
| Wednesday | Aug 30 | <i>First Practice</i> | Islander MS | 1:30 pm | 1:20 pm |
| Tuesday | Sept 26 | <i>Tolt MS</i> | Islander MS | 4:00 pm G/B | 2:00 pm |
| Thursday | Sept 28 | <i>Chief Kanim MS</i> | Chief Kanim MS | 4:00 pm G/B | 2:50 pm |
| Thursday | Oct 5 | <i>Snoqualmie MS</i> | Snoqualmie MS | 4:00 pm B/G | 2:00 pm |
| Tuesday | Oct 10 | <i>Twin Falls MS</i> | Islander MS | 4:00 pm G/B | 2:50 pm |
| Tuesday | Oct 17 | <i>League Finals (All Schools)</i> | Tolt MS | 3:30 pm B/G | 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** → 1st race 6th grade GIRLS, then 6th BOYS, then 7th/8th GIRLS, last race 7th/8th BOYS
 - ✓ **B/G** → 1st race 6th grade BOYS, then 6th GIRLS, then 7th/8th BOYS, last race 7th/8th GIRLS

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