



2019
Cashmere Middle School
Cross-Country

<u>DAY</u>	<u>DATE</u>	<u>TIME</u>	<u>LOCATION</u>	<u>DISMISS</u>	<u>DEPARTURE</u>
THURS	12-Sep	3:45	Enchantment Park (Leavenworth)	2:15	2:30
TUES	17-Sep	3:45	Eastmont Junior High (East Wenatchee)	2:15	2:30
THURS	26-Sep	3:45	WALLA WALLA PT. PK. (Wenatchee)	2:15	2:30
TUES	1-Oct	3:45	CHELAN STATE PARK (Chelan)	1:30	1:45
SAT	5-Oct	10:30	SKI HILL INVITE (Leavenworth)		9:00
THURS	10-Oct	3:45	BLUE HERON PARK (Moses Lake)	1:00	1:15
WED	16-Oct	3:45	EPHRATA MIDDLE SCHOOL (Ephrata)	1:15	1:30

HEAD COACH: PATRICK VALERI

ASSISTANT COACH: CARLEY KEOGH

First Practice: August 29, 2019

Practices Required: 8

Revised: 9/5/19