

		September		
17 – XC Practice 8am	18	19	20	21– XC Practice 8am
24– XC Practice 8am	25	26– XC Practice 8am	27	28– XC Practice 8am

		October		
1– XC Practice 8am	2	3– <i>NO XC Practice</i> U-High Meet 4:30	4	5– XC Practice 8am
8– XC Practice 8am	9	10– XC Practice 8am	11	12– XC Practice 8am
15– XC Practice 8am	16 U-High Meet 4:30	17 <i>NO XC Practice</i>	18	19– XC Practice 8am <i>(All Valley Qualifiers Only)</i>
22– XC Practice 8am <i>(All Valley Qualifiers Only)</i>	23	24 <i>NO XC Practice</i> All Valley Meet @ Trail Head Golf Course Liberty Lake	25	26

All-Valley Qualifying Times or Place in the top 10 in either U-High meet!

GRADE	BOYS	GIRLS
1 (1/2 MILE)	4:15	4:30
2 ND	8:00	8:30
3 RD	7:30	8:00
4 TH	7:30	7:45
5 TH	7:15	7:30