

September 2016

sun	mon	tue	wed	thu	fri	sat
				1	2	3
4	5	6	7	8	9	10 m NL Cross Country SPHS Highlander Invite m NL Cross Country Tracey Walters Invite CV (Girls) @ Audubon Park m NL JV/Fr Cross Country Gonzaga Prep @ Highlander Invitational m NL Cross Country Gonzaga Prep @ Bellarmine Prep Invitational
11	12	13	14 m GSL Cross Country Event #1 at Central Valley HS: CV & Shadle Park m GSL Cross Country Event #1 at Comstock: Ferris, Rogers & U-High m GSL Cross Country Event #1 at Mead HS: Mead, NC & G-Prep m GSL Cross Country Event #1 at Siemers Farm: Mt Spokane & LC	15	16	17 m NL Cross Country Sundodger Invitational CV (Girls) @ Seattle
18	19	20	21 m GSL Cross Country Event #2 at Audubon: NC, CV & Ferris m GSL Cross Country Event #2 at Liberty Lake: U-High, Mt Spokane & G-Prep m GSL Cross Country Event #2 at Manito: LC & Rogers m GSL Cross Country Event #2 at Mead HS: Mead & Shadle	22	23	24 m NL Cross Country Gonzaga Prep @ Mt. West Invitaional
25	26	27	28 m GSL Cross Country Event #3 at Audubon: NC & Rogers m GSL Cross Country Event #3 at Liberty Lake: U-High & Mead m GSL Cross Country Event #3 at Manito: LC, CV & G-Prep m GSL Cross Country Event #3 at Shadle Park HS: Shadle, Mt Spokane & Ferris	29	30	

sun		mon		tue		wed		thu		fri		sat	
												1 m NL Cross Country Sunfair Invitational CV @ Yakima	
2		3		4		5		6		7		8 m NL Cross Country Richland Invite CV @ Richland m NL Cross Country Gonzaga Prep @ Richland Invitational	
9		10		11		12 m GSL Cross Country Event #4 at Central Valley HS: CV & U-High m GSL Cross Country Event #4 at Comstock: Ferris, Mead & LC m GSL Cross Country Event #4 at Finch Arboretum: G-Prep, Shadle & Rogers m GSL Cross Country Event #4 at Siemers: Mt Spokane & NC		13		14		15	
16		17		18		19 m GSL Cross Country Event #5 at Finch Arboretum: G-Prep & Ferris m GSL Cross Country Event #5 at Franklin: Rogers, Mead, Mt Spokane & CV m GSL Cross Country Event #5 at Shadle Park HS: Shadle, LC, NC & U-High		20		21		22 m Cross Country JV/Frosh GSL Championships @ Mead HS	
23		24		25		26		27		28		29 m Cross Country 3A/4A Regionals @ MCC Site TBA	
30		31											

sun		mon		tue		wed		thu		fri		sat	
				1		2		3		4		5 m Cross Country STATE CHAMPIONSHIPS at Sun Willows GC (Pasco)	
6		7		8		9		10		11		12	
13		14		15		16		17		18		19	
20		21		22		23		24		25		26	
27		28		29		30							