

September 2016

sun		mon		tue		wed		thu		fri		sat	
								1		2		3	
										NL Cross Country Bend Invite CV (Boys) @ Bend, OR			
4		5		6		7		8		9		10	
												m NL Cross Country SPHS Highlander Invite m NL JV/Fr Cross Country Gonzaga Prep @ Highlander Invitational m NL Cross Country Gonzaga Prep @ Bellarmine Prep Invitational	
11		12		13		14		15		16		17	
						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							
18		19		20		21		22		23		24	
						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						m NL Cross Country Gonzaga Prep @ Mt. West Invitaional	
25		26		27		28		29		30			
						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							

October 2016

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											

November 2016

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							