

GSL CROSS COUNTRY SCHEDULE 2010-2011 FINAL

Coach Approved: February 24, 2010
 AC Approved: February 25, 2010
 ABC Approved: February 25, 2010
 Updated:

GSL Coordinator: Butch Walter - CVHS
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Rules Clinic On-Line @ WIAA

First Practice: Monday, August 23, 2010 (10 Practices Required)

Week	1, 2, & 3	4 & 5
JV/Frosh Boys	4:00	3:30
JV/Frosh Girls	4:30	4:00
Varsity Boys	5:10	4:40
Varsity Girls	5:40	5:10

EVENT	DATE	TIME	SCHOOLS	LOCATION
1	Wednesday 9/15/10	4:00 PM	Shadle, Ferris, CV Mead, Mt. Spokane, Rogers LC, University GP, NC	Audubon Seimers Manito Finch
2	Wednesday 9/22/10	4:00 PM	NC, Ferris Shadle, GP, Rogers Mt. Spokane, LC, CV Mead, University	Ferris Audubon CVHS Liberty Lake
3	Wednesday 9/29/2010	4:00 PM	Shadle, Mead University, GP, CV NC, LC, Rogers Mt. Spokane, Ferris	Mead CVHS Audubon Ferris
4	Wednesday 10/13/10	3:30 PM	Rogers, Ferris, University CV, Mead, NC GP, Mt. Spokane LC, Shadle	Liberty Lake Audubon Seimers Manito
5	Wednesday 10/20/10	3:30 PM	Ferris, Mead, GP, LC University, NC, Mt. Spokane, Shadle Rogers, CV	Finch Neutral Site - TBD Seven Mile

Wheel chair races will start ½ hour before JV races.

Frosh and JV included in one race but scored separately for league meets.

Freshmen & JV League Finals	Saturday 10/23/10	10:00 AM Frosh Boys 10:30 AM Frosh Girls 11:10 AM JV Boys 11:40 AM JV Girls 12:20 PM Awards	Mead
Regional 3A/4A	Saturday 10/30/10	TBA	Franklin Park Yakima, WA

State Cross Country	Saturday 11/6/10	10:00 AM	Sun Willows GC Pasco, WA
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INVITATIONAL MEETS

Saturday	9/11/10	10:00 AM	Tracy Walters Invite All Valley Invite Edmonds BlackHawk	Audubon Liberty Lake Seattle EWU (Cheney)
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Saturday	9/18/10	9:30 AM	Highlander Port Angeles Coeur d'Alene	Mead Port Angeles Farragut Clarkston
		10:00 AM	Seaport Invite	

Saturday	9/25/10	10:00 AM	Bellevue Mt. West Classic	Lake Sammamish Missoula
		11:00 AM	SV/Runner's Sole Classic Wenatchee	Plantes Ferry Walla Walla Park

Saturday	10/2/10	10:00 AM	Sunfair Mt. Baker	Yakima Silver Lake
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Saturday	10/9/10	10:00 AM	Bullpup Invite Richland Invite	Finch Richland
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GSL MEETINGS

Thursday	8/26/10	5:30 PM	Pre-Season Meeting	North Central HS
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Wednesday	11/3/10	5:30 PM	Post Season Meeting	North Central HS
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