

Cross Country 2019-2020
Northwest Middle School League

First Practice: September 9th

Race Times are approximate: (may be combined at host AD and coaches' discretion)

3:30 - 7th grade girls

4:00 - 7th grade boys

4:30 - 8th grade girls

5:00 - 8th grade boys

Thursday, September 19, 2019 (updated 9/10/19)

Location: Northern State Recreation Area (Helmick Road)

25625 Helmick Rd, Sedro-Woolley, WA 98284

Cascade, LaVenture, and MBMS

Wednesday, September 25, 2019

Location: Smiley's Ship Bottom (below Anacortes High School)

17th Avenue Anacortes, WA 98221

Anacortes, Cascade, LaVenture, and Mount Baker

Wednesday, October 2, 2019

Location: Skagit Playfields (just south of Lucille Umbarger Elementary)

1100 S Skagit St, Burlington, WA 98233

Burlington, Anacortes, LaVenture, and Mount Baker

Monday, October 7, 2019

Location: Smiley's Ship Bottom (below Anacortes High School)

17th Avenue Anacortes, WA 98221

Anacortes, LaVenture, and Mount Baker

Wednesday, October 16, 2019 – NW League Cross Country Finals

Location: Skagit Valley College

2405 E. College Way, Mt Vernon, WA 98273

Anacortes, Burlington, Cascade, LaVenture, Mount Baker, North Whidbey

Head Coach: Robert Crosby

Assistant Coach: Marcia Garcia

09/10/2019