



2021 Islander Middle School Cross Country Schedule

Updated: 08/22/2021

DAY	DATE	OPPONENT	LOCATION	START	SCHOOL DISMISSAL
Thursday	Sept 23	<i>Twin Falls MS</i>	Islander Middle School	4:00 pm G/B	2:50 pm
Thursday	Sept 30	<i>Tolt MS</i>	Islander Middle School	4:00 pm B/G	2:50 pm
Tuesday	Oct 5	<i>Chief Kanim MS</i>	Chief Kanim Middle School	4:00 pm G/B	2:00 pm
Thursday	Oct 14	<i>Snoqualmie MS</i>	Snoqualmie Middle School	4:00 pm B/G	2:00 pm
Tuesday	Oct 19	<i>All Schools (League Finals)</i>	Tolt Middle School	3:30 pm G/B	2:00 pm

IMPORTANT INFORMATION

- *1st practice Wednesday, September 1. Athletes must participate in 8 practices to be eligible.*
- *Masks must be worn by ALL runners (regardless of vaccination status) except while on training runs or while competing. Social distancing guidelines will be observed at all times.*
- *Failure to comply with directives of coaching staff (especially in regard to public health and safety) will result in immediate dismissal from practice or Cross Country meet.*
- *Athletes are dismissed according to schedule above for AWAY Cross Country meets.*
- *Change into uniforms at lunch for away meets. Buses depart ten mins after dismissal.*
- *There are FOUR races in each Cross Country Meet. The race order is as follows:*
 - ✓ **G/B** → 1st race 6th grade GIRLS, then 6th BOYS, then 7th/8th GIRLS, last race 7th/8th BOYS
 - ✓ **B/G** → 1st race 6th grade BOYS, then 6th GIRLS, then 7th/8th BOYS, last race 7th/8th GIRLS

CHIEF KANIM MS 32627 SE Redmond-Fall City Road Fall City 98024 (425) 831-8225	SNOQUALMIE MS 9200 Railroad Avenue Snoqualmie 98065 (425) 831-8000	TOLT MS 3740 Tolt Avenue Carnation 98014 (425) 844-4600	TWIN FALLS MS 46910 SE Middle Fork Road North Bend 98045 (425) 831-4150
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