

2020-21 Olympic League Middle School Cross Country Schedule

First Practice: September 1 st , 2020 Minimum Required Practice Days: 8 First Possible Play Date: Friday Sept. 14, 2020 Regular Season Contest Limit: 7 Starting Time: Even Year 3:30 Boys run first. Girls start 5 minutes after Boys finish Odd Year 3:30 Girls run first. Boys start 5 minutes after Girls finish Courses not to exceed 1.5 miles during Blocks 1-2-3, Blocks 4-5-6-7 = 2 Miles League Championship Course not to exceed 2.0 miles		<table style="width: 100%; border: none;"> <tr><td style="border: none;">[] Blue Heron Warriors</td><td style="border: none; text-align: right;">[1]</td></tr> <tr><td style="border: none;">[] Cross Point Warriors</td><td style="border: none; text-align: right;">[1]</td></tr> <tr><td style="border: none;">[] Forks Spartans</td><td style="border: none; text-align: right;">[1]</td></tr> <tr><td style="border: none;">[] Queen of Angles</td><td style="border: none; text-align: right;">[0]</td></tr> <tr><td style="border: none;">[] Sequim Wolves</td><td style="border: none; text-align: right;">[1]</td></tr> <tr><td style="border: none;">[] Stevens Stampedeers</td><td style="border: none; text-align: right;">[1]</td></tr> </table> <p style="margin-top: 5px;">Approved</p>	[] Blue Heron Warriors	[1]	[] Cross Point Warriors	[1]	[] Forks Spartans	[1]	[] Queen of Angles	[0]	[] Sequim Wolves	[1]	[] Stevens Stampedeers	[1]
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Wednesday, September 16*	Wednesday, September 23*	Wednesday, September 30*												
Cross Point Forks Stevens Blue Heron Queen of Angles @ Sequim At Robin Hill 2400m	Cross Point Stevens Blue Heron Sequim Queen of Angles @ Forks 2400m	Cross Point Forks Stevens Sequim Queen of Angles @ Blue Heron MS (2400m course)												
Wednesday, October 7	Wednesday, October 14	Wednesday, October 21												
Blue Heron Forks Queen of Angles Cross Point Sequim @ Stevens Lincoln Park (3200m course)	Sequim Blue Heron Forks Stevens Queen of Angles @ Cross Point Erlands Point Park (3200m course)	OL MS Championship (3200m course @Lincoln Park) Start Times All Boys @ 3:30 All Girls @ 4:00												

AD Notes
<ul style="list-style-type: none"> • Stevens meets will be at Lincoln Park • Pre-Season AD's Meeting: September 8th, 2020 @ 9:00am Sequim MS (Tuesday) • Pre-Season AD's Meeting: November 10th, 2020 @ 9:00am Sequim MS (Tuesday) • Mid-Season AD's Meeting: February 2nd, 2021 @ 9:00am Sequim MS (Tuesday) • Post Season AD's Meeting: May 11th, 2021 @ 9:00am Sequim MS (Tuesday) • Approved AD Mtg. _5/13/20 • Starting times Even Year – 3:30 Boys run First; Girls start 5 minutes after Boys finish. Odd Year – 3:30 Girls run first; Boys start 5 minutes after Girls finish. • Courses not to exceed 1.5 miles / 2400m during Blocks 1-2-3, • Blocks 4-5-6-7= 2 miles / 3200m • League Championship Course not to exceed 2.0 miles (4 races by grade level) Boys and Girls 7th and 8th grade. • Home school are allowed to run 6th graders on their home courses with school board approval.

Approved ___yes Marcus, 2nd Falge AD// Updated _5/13/20___ by email_____