

**2018 Boys & Girls Cross Country**

Sept. 5-Wed 3:20pm-XC intro meeting/new runners and parents

 Meet in HOPE “lowers” parking lot

 3:30-4:30pm XC Practice – Pick up HOPE lowers

Sept. 6-Thur 3:20-Start HOPE lowers- 4:30-Pick up – HOPE lowers

Sept. 7-Fri 3:20-Start HOPE lowers -4:30-Pick up- HOPE lowers

Sept. 10-Mon 3:20-Start HOPE lowers - 4:30-Pick up-HOPE lowers

Sept. 11-Tues 3:20-Start HOPE lowers - 4:30-pick up

Sept. 13-Thur 3:20-Start HOPE lowers- 4:30 pick up

Sept. 17-Mon 3:20-Start HOPE lowers - 4:30-Pick up-HOPE lowers (6th gr. at Outdoor ED)

Sept. 18-Tues 3:20-Start HOPE lowers - 4:30-Pick up-HOPE lowers (6th gr. at Outdoor ED)

Sept. 20-Thurs 3:20-Start HOPE lowers (run to Lincoln Park)

 4:45-Pick up-Lincoln Park North Parking Lot?

Sept. 21-Fri 3:20-Start HOPE lowers- 4:30-pick up-HOPE lowers

Sept. 25-Tues **3:45-Hope Lutheran Hosted MEET**

**@ Lincoln Park, West Seattle**

8011 Fauntleroy Way SW Seattle 98136

Sept. 27-Thurs 3:20-Start HOPE lowers - 4:30-Pick up-HOPE lowers

Sept. 28- Fri 3:20-Start HOPE lowers - 4:30-Pick up-HOPE lowers

Oct. 1-Mon 3:20-Start HOPE lowers - 4:30-pick up- HOPE lowers

Oct. 2-Tues **3:45 Holy Trinity MEET**

**@ Celebration Park, Federal Way (location could change)**

Oct. 4-Thurs 3:20-Start HOPE lowers- 4:30-pick up HOPE lowers

*Oct. 6- Sat* ***HOLE in the Wall 1.7 mile run (To be determined if running)***

 ***9:00 Girls 9:20 Boys***

 ***Lakewood HS***

Oct. 8-Mon 3:20-Start HOPE lowers- 4:30-pick up HOPE lowers

Oct. 9-Tues 3:20-Start Hope lowers- 5pm pick up ALKI

Oct. 15-Mon. 3:20-Start HOPE lowers - 4:30 pick up HOPE lowers

Oct. 16-Tues **3:45 Concordia Tacoma MEET**

**@ Concordia Tacoma School**

***League Championship Meet***

***More meets hopefully to be added!***

**Coaches: Rodney Briggs - selfarrest@hotmail.com**

 **Lucy Kuhn –** **lkuhn@hopeseattle.org**

 **Alycia Pals- tapals@greatharvest.com**

**Athletic Directors: Tim Allen** **tallen@hopeseattle.org** **and Mark Goodspeed** **mgoodspeed@hopeseattle.org**

**Postseason opportunities:**

Sat Oct. 27th Monster Dash 5k, Lincoln Park

Sun Oct. 28th Run scared 5k or 10k, Seward Park