

2017 GSL CROSS COUNTRY SCHEDULE

"4 Week " GSL Regular Season Meet Schedule

Coach Approved: Nov 2017
AD Approved: 12/7/2016

GSL Coordinator: **Bruce Hafferkamp 354-6758**
GSL XC Consultant: **Paul Kautzman 413-8976**

ABC Approved:

Max Contests: 10 + Jamboree

Updated: 6/16/17 by BRH

Rules Clinic: On-Line @ WIAA TBA

First Practice: Monday, August 21, 2017

50% Rule date 9/18/2017

2017 Pre-Season Meeting- Thursday, August 24, 2017 - Shadle Park HS Library- 5:30 pm

2017 Post- Season Meeting- Wednesday, November 1, 2017- Shadle Park HS Library- 5:30 pm

RACE TIMES:	Week 1,2,3	Week 4	
JV/Frosh Girls	4:00	3:30	*Odd years girls are first
JV/Frosh Boys	4:40	4:10	**Even years boys are first
Varsity Girls	5:10	4:40	***JV/F Girls Race 40 min.
Varsity Boys	5:40	5:10	

NOTES: 1) Host team in **BOLD and underlined** 2) WC races ½ hour before JV races.
3) SP and Rogers are "pigtailed", together at each meet. Their scored "dual" will be Week 2 @ Manito on 9/27

EVENT	DATE	TIME	SCHOOLS	LOCATION
GSL #1	Sept. 13 Wednesday	4:00 PM	<u>Ferris</u> , U Hi, , Mead <u>Mt. Sp</u> , LC, NC <u>GP</u> , CV, Rogers, SP	COMSTOCK SIEMERS FARM FINCH ARBORETUM
GSL BYE	Sept. 18-23	No GSL Meets on Wed. Sept 20		
GSL #2	Sept. 27 Wednesday	4:00 PM	<u>NC</u> , GP, Mead <u>CV</u> , Mt.Sp, Ferris <u>LC</u> , U Hi, Rogers, SP	AUDUBON PARK CV H.S. MANITO PARK
GSL #3	Oct. 4 Wednesday	4:00 PM	<u>Mead</u> , LC, CV <u>SP</u> , Rogers, Ferris, NC <u>U Hi</u> , GP, Mt. Sp	MEAD HS SHADLE PARK LIBERTY LAKE
GSL BYE	Oct. 9-13	No GSL Meets on Wed. Oct 11		
GSL #4	Oct. 18 Wednesday	3:30 PM	<u>Rogers</u> , SP, Mead, Mt. Sp <u>Ferris</u> , LC, GP <u>U Hi</u> , CV, NC,	FRANKLIN PARK COMSTOCK PARK LIBERTY LAKE

Oct 21 Saturday	2017 GSL ALL JV/FROSH LEAGUE CHAMPIONSHIP MEET
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Mandatory Coaches Mtg at 9:30 am w/ Volunteers	10:00 AM Frosh Girls 10:30 AM Frosh Boys 11:10 AM JV Girls 11:40 AM JV Boys 12:25 Awards 12:45 T-Shirt Exchange	MEAD HS
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2017 REGIONAL CHAMPIONSHIP MEET(DISTRICTS 5/8)

3A REGIONAL (w/ Alt. Race)	10/28/2017	Race times - Early Afternoon (TBA)	Wandermere Golf Course
4A REGIONAL(w/ Alt. Race)	10/28/2017	Race times - Early Afternoon (TBA)	

2017 WIAA STATE CHAMPIONSHIP MEET
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State Cross Country	Saturday	First Race-10:00 AM	Sun Willows GC
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11/4/2017

Pasco, WA