

## Washington 2019 Cross Country

<u>Date</u>	<u>Type</u>	<u>Location</u>	<u>Release Time</u>	<u>Meet Time</u>
Sept. 12	Practice meet	Avacado Lake	1:50	3:30
Sept. 19	Practice Meet	Lincoln (Selma)	2:15	3:30
Sept. 26	Practice Meet	Washington	3:00	3:45
Oct. 03	Practice Meet	El Capitan	2:00	3:30
Oct. 10	Practice Meet	Reedley Sports Park	2:15	3:30
Oct. 17	Practice Meet	Lions Park (Kerman)	2:00	3:30
Oct. 24	Practice Meet	Town&Country Park (Madera)	1:50	3:30
Oct. 31	Championships	Woodward Park	12:30	2:00

Head Coach – Corrina Avey

