



2019 FMS Scotties



Cross Country

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Time</u>	<u>Place</u>	<u>Rel.</u>	<u>Lv.</u>
09/17/19	Wednesday	Cheney, East Valley, Northwood	4:00pm	Freeman		
09/19/19	Thursday	Mountainside Invite	4:15pm	Mountainside	2:20	2:30
09/23/19	Monday	Westwood, East Valley	4:00pm	Westwood	2:15	2:25
09/26/19	Thursday	Westwood & Cent.	4:00pm	Centennial	2:30	2:40
10/02/19	Wednesday	Pride Prep Invite	4:00pm	Plantes Ferry	2:30	2:40
10/07/19	Monday	Westwood, Pride Prep	4:00pm	Westwood	2:05	2:15
10/10/19	Thursday	East Valley, Pride Prep	4:00pm	East Valley	2:30	2:40
10/16/19	Wednesday	All- League	3:30pm	Freeman		

Notes:

*Practice Starts: Tuesday, September 3rd

*All players must have 8 practices before they may participate in their first game.

*All uniforms will be collected at the end of the last game. Those who are traveling to an away game will need to bring a change of clothes.

Coaches

Audrey Hermann

Directions to Schools on Back Side

Directions to Schools

<p>Centennial Middle School 915 N. Ella Rd. Spokane Valley, WA</p> <ul style="list-style-type: none">• Start at school and go to WA-27. Turn left.• Turn left onto E. Dishman-Mica Rd.• Follow through to E. Broadway Ave.• Turn left on Broadway to Ella.• Turn right on Ella to Centennial MS.	<p>East Valley Middle School 4920 N. Progress Rd. Spokane Valley, WA</p> <ul style="list-style-type: none">• Start at the school and go to WA-27.• Turn left and go to 32nd Ave.• Turn right and go to Sullivan Rd.• Turn left and follow Sullivan Rd. to Wellesley Ave.• Turn left and go to Progress Rd.• East Valley MS is on the right.
<p>Westwood Middle School 6120 S. Abbott Rd. Spokane, WA</p> <ul style="list-style-type: none">• Start at the school and go to WA-27. Turn left.• Drive to I-90.• Merge onto I-90 West.• Take Exit 276 toward Geiger Field/State Patrol.• Keep left at the fork to go on S. Grove Rd.• Turn left onto W. Hallett Rd.• Take the first left onto S. Abbott Rd. and Westwood MS is on the left.	<p>Cheney Middle School 2716 N. 6th St. Cheney, WA</p> <ul style="list-style-type: none">• Start at FMS and go to WA-27. Turn left.• Drive to I-90.• Merge onto I-90 Est.• Take Exit 270, Cheney/Four Lakes.• Stay straight on WA-904.• Turn right on Betz Rd.• Cheney MS is on the left.