

Track

<u>Date</u>	<u>Day</u>	Opponent	<u>Time</u>	Place	Rel.	Lv.
4/23/20	Thursday	EV & Cheney	4:00pm	East Valley	2:30	2:40
4/29/20	Wednesday	EV & Westwood	4:00pm	Westwood	2:10	2:20
5/4/20	Monday	West. & Cent.	4:00pm	Freeman		
5/7/20	Thursday	Westwood	4:00pm	Westwood	2:10	2:20
5/13/20	Wednesday	East Valley	4:00pm	East Valley	2:30	2:40
5/18/20	Monday	Pre-Lims (Running & Triple Jump)	3:00pm	Centennial	1:50	2:00
5/19/20	Tuesday	Pre-Lims (Field)	3:30pm	Cheney	2:00	2:10
5/21/20	Thursday	All- League	3:30pm	Westwood	2:10	2:20

Coaches

Head Coach: John Bruno

jbruno@freemansd.org (509) 291-3721 ext. 210

Assistant Coach: Doug Pace

<u>dpace@freemansd.org</u> (509) 291-3721 ext. 230

Notes:

*Practice Starts: Monday, April 13th

- *Picture Day:
- *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.

Directions to Schools

Centennial Middle School 915 N. Ella Rd. Spokane Valley, WA

• 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.

East Valley Middle School

4920 N. Progress Rd. Spokane Valley, WA

- 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.

Westwood Middle School 6120 S. Abbott Rd. Spokane, WA

- 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.

Cheney Middle School 2716 N. 6th St. Cheney, WA

- 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.