



2025 FMS Scotties



## Cross Country Schedule

| <u>Date</u>     | <u>Day</u>    | <u>Opponent</u>             | <u>Time</u> | <u>Place</u>         | <u>Rel.</u> | <u>Lv.</u> |
|-----------------|---------------|-----------------------------|-------------|----------------------|-------------|------------|
| <b>9/9/24</b>   | <b>Tues.</b>  | <b>Picture Day</b>          | <b>3:00</b> | <b>Freeman</b>       |             |            |
| 9/16/25         | Tues.         | Mountainside Invite         | 4:15        | Mountainside         | 2:25        | 2:35       |
| <b>9/18/25</b>  | <b>Thurs.</b> | <b>Cheney, East Valley</b>  | <b>3:45</b> | <b>Freeman</b>       | 2:15        | 2:25       |
| 9/23/25         | Tues.         | East Valley, Westwood       | 3:45        | Westwood             | 2:25        | 2:35       |
| 9/25/25         | Thurs.        | Centennial, Westwood        | 3:45        | Centennial           | 2:20        | 2:30       |
| <b>10/1/25</b>  | <b>Wed.</b>   | <b>GSCL All Team Invite</b> | <b>3:45</b> | <b>Freeman</b>       |             |            |
| 10/4/25         | Sat.          | Battle of the 509           | 9:00        | Spokane Polo Grounds |             | 7:00 AM    |
| 10/6/25         | Mon.          | Westwood                    | 3:45        | Westwood             | 2:25        | 2:35       |
| 10/8/25         | Wed.          | East Valley                 | 3:45        | East Valley          | 2:15        | 2:25       |
| <b>10/14/25</b> | <b>Tues.</b>  | <b>ALL-LEAGUE</b>           | <b>3:30</b> | <b>Freeman</b>       |             |            |

### Notes:

\*Practice Starts: Monday August 25<sup>th</sup>.

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

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

Coach

Kaylynn Mendenhall  
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**\*Directions to Schools on Back Side\***

**Directions to Schools**

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

**Mountainside Middle School - 4717 E. Day Mt. Spokane Rd., Colbert WA 99005**

**Battle for the 509 - Spokane Polo Grounds 7714 W Sunset Hwy, Spokane, WA 99224**