

South Sound YMCA

2009 Fall Cross Country Schedule

DATES / Shirt Color	LOCATION	TIME
Friday, Sept 25 McAvoy – Navy Heimann – White Nova – Navy	LBA Park	6:00 pm – 7:00 pm
Friday, Oct 2 McAvoy – White Heimann – Navy Nova – White	LBA Park	6:00 pm – 7:00 pm
Friday, Oct 9 McAvoy – Navy Heimann – White Nova – Navy	LBA Park	6:00 pm – 7:00 pm
Friday, Oct 16 McAvoy – White Heimann – Navy Nova – White	LBA Park	6:00 pm – 7:00 pm
Friday, Oct 23 McAvoy – Navy Heimann – White Nova – Navy	LBA Park	5:30 pm – 6:30 pm

LBA Park - 3333 Morse-Merryman Rd SE - Olympia, WA, 98501

- Meet time is approximately one hour.
- Meet will start with the ½ mile run and finish in order with the 1 mile and the 1½ mile run.
- Parent volunteer help is needed at each meet!
- Cross Country Pictures: If team is interested, the coach can contact Northwest Sports Photography at 1-800-446-5758 to arrange a picture day.

For adverse weather game cancellation information, please call the Youth Sports Hotline @ 918-0275 after 4:30pm on game days.

