



International Middle School League Season Four 2018-19

~~1-17-19~~ 3-29-19
NO PRACTICES OVER SPRING BREAK (HPS & Tukwila - 4/8-4/12)



JV Volleyball – 3:45 Varsity Volleyball – 4:45 <i>Coaches' Meeting: Wed 03/27 5:00 Chinook</i>	Football – 3:45 <i>NOTE: HPS Schools 8th Grade Only</i> <i>*Coaches' Meeting: Wed 03/27 5:00 Chinook</i>	Cross Country – 4:00 <i>Coaches' Meeting: Wed 03/27 5:00, Chinook</i>
First Practice HPS: Mon, 04/01/19 First Practice Showalter: TBD Intramurals First Three Weeks No new participants after 2 nd week Teams Announced: Fri, 04/26/19	First Practice HPS: Mon, 04/01/19 First Practice Showalter: TBD No new participants after 2 nd week	First Practice HPS: Mon, 04/01/19 First Practice Showalter: Mon, TBD No new participants after 2 nd week
Tuesday, May 7 Sylvester at Chinook Pacific at Cascade Showalter bye	Thursday, May 9 Chinook at Sylvester <i>at Highline 3:30</i> Pacific at Cascade <i>at Highline - 5:30</i> Showalter bye	Wednesday, May 8 Meet 1: Sylvester, Pacific 4:00 Girls/4:25 Boys at North SeaTac Park
Thursday, May 9 Chinook at Pacific Cascade at Showalter Sylvester bye	Thursday, May 16 Pacific at Chinook <i>at Highline</i> Showalter at Cascade <i>at Neudorf</i> Sylvester bye	Wednesday, May 8 Meet 2: Showalter, Cascade, Chinook 4:50 Girls/5:15 Boys at North SeaTac Park
Tuesday, May 14 Showalter at Chinook Pacific at Sylvester Cascade bye	Thursday, May 23 Chinook at Showalter <i>at Neudorf</i> Sylvester at Pacific <i>at Highline</i> Cascade bye	Wednesday, May 15 Meet 1: Chinook, Showalter, Sylvester 4:00 Girls/4:25 Boys at North SeaTac Park
Thursday, May 16 Showalter at Pacific Cascade at Sylvester Chinook bye	Thursday, May 30 Sylvester at Cascade <i>at Highline</i> Pacific at Showalter <i>at Neudorf</i> Chinook bye	Wednesday, May 15 Meet 2: Cascade, Pacific 4:50 Girls/5:15 Boys at North SeaTac Park
Tuesday, May 21 Sylvester at Showalter Chinook at Cascade Pacific bye	Thursday, June 6 Sylvester at Showalter <i>at Neudorf</i> Cascade at Chinook <i>at Highline</i> Pacific bye	Wednesday, May 22 Meet 1: Cascade, Chinook, Sylvester 4:00 Girls/4:25 Boys at North SeaTac Park
Thursday, May 23 Chinook at Sylvester Cascade at Pacific Showalter bye	<i>(*) Required football coaches equipment seminar 7:00pm</i>	Wednesday, May 22 Meet 2: Showalter, Pacific 4:50 Girls/5:15 Boys at North SeaTac Park
Wednesday, May 29 Showalter at Cascade Pacific at Chinook Sylvester bye		Wednesday, May 29 Meet 1: Cascade, Showalter, Sylvester 4:00 Girls/4:25 Boys at North SeaTac Park
Thursday, May 30 Sylvester at Pacific Chinook at Showalter Cascade bye		Wednesday, May 29 Meet 2: Pacific, Chinook 4:50 Girls/5:15 Boys at North SeaTac Park
Tuesday, June 4 Sylvester at Cascade Pacific at Showalter Chinook bye		Wednesday, June 5 Middle School Championships All Schools <i>at North SeaTac Park</i>
Thursday, June 6 Showalter at Sylvester Cascade at Chinook Pacific bye		
Departure Time - 2:55 Start Time – 3:45 JV/4:45 Varsity	Departure Time - 2:55 Start Time – 3:45	Departure Time - 2:55 Start Time – 4:00
VOLLEYBALL LOCATIONS Cascade 11212 10 th Ave. SW, Seattle, 98146 Chinook 18650 42 nd Ave. S, SeaTac, 98188 Pacific 22705 24 th Ave. S, Des Moines, 98198 Showalter 4628 S 144 th St. Tukwila, 98168 Sylvester 16222 Sylvester Rd SW Burien, 98166	FOOTBALL LOCATIONS Highline Memorial 400 S. 156 th St., Burien 98166 Neudorf Stadium 4242 S. 144 th St, Tukwila 98188	CROSS COUNTRY LOCATIONS N. SeaTac Park S. 128 th & 20 th Ave S., SeaTac 98148