

Season One 2023-24 – 6/7/23		
Coaches' Meeting: Wed 08/30/23, 5:00, Chinook		
Varsity Girls Softball – 3:45 Varsity Boys Soccer – 3:45	JV Girls Softball – 3:45 JV Boys Soccer – 3:45	Track and Field – 3:30
First Practice: Mon, 9/11/23 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 9/15/23	First Practice: Mon, 9/11/23 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 9/15/23	First Practice: Mon, 9/11/23 No new participants after 2 nd week
Monday, September 25 Cascade at Chinook Pacific at Sylvester Showalter at Glacier	Monday, September 25 Chinook at Cascade Sylvester at Pacific Glacier at Showalter	Wednesday, October 4 Glacier, Chinook, Pacific, <i>at Highline</i> Showalter, Cascade, Sylvester <i>at Neudorf</i>
Wednesday, September 27 Chinook at Pacific Glacier at Cascade Sylvester at Showalter*	Wednesday, September 27 Pacific at Chinook Cascade at Glacier Showalter at Sylvester	Wednesday, October 11 Showalter, Glacier, Chinook <i>at Neudorf</i> Thursday, October 12 Cascade, Sylvester, Pacific <i>at Highline</i>
Monday, October 2 Cascade at Pacific Glacier at Sylvester Showalter at Chinook	Monday, October 2 Pacific at Cascade Sylvester at Glacier Chinook at Showalter	Wednesday, October 18 Showalter, Pacific, Sylvester <i>at Neudorf</i> Thursday, October 19 Cascade, Chinook, Glacier <i>at Highline</i>
Wednesday, October 4 Chinook at Glacier Pacific at Showalter Sylvester at Cascade	Wednesday, October 4 Glacier at Chinook Showalter at Pacific Cascade at Sylvester	Wednesday, October 25 Middle School Championships <i>All Schools at Highline Memorial</i>
Monday, October 9 Cascade Bye Chinook at Sylvester Glacier at Pacific	Monday, October 9 Cascade Bye Sylvester at Chinook Pacific at Glacier	Departure Time - 2:30 Start Time – 3:15
Wednesday, October 11 Chinook at Cascade Glacier at Showalter Sylvester at Pacific	Wednesday, October 11 Cascade at Chinook Showalter at Glacier Pacific at Sylvester	
Monday, October 16 Cascade at Glacier Pacific at Chinook Showalter at Sylvester	Monday, October 16 Glacier at Cascade Chinook at Pacific Sylvester at Showalter	Track and Field Location #1 Highline Memorial 400 South 156 th Street, Burien 98166
Wednesday, October 18 Chinook at Showalter* Pacific at Cascade Sylvester at Glacier	Wednesday, October 18 Showalter at Chinook Cascade at Pacific Glacier at Sylvester	Track and Field Location #2 Neudorf Stadium 4242 South 144 th St, Tukwila 98188
Monday, October 23 Cascade at Sylvester Glacier at Chinook Showalter at Pacific	Monday, October 23 Sylvester at Cascade Chinook at Glacier Pacific at Showalter	
Wednesday, October 25 Pacific at Glacier Sylvester at Chinook Showalter at Cascade	Wednesday, October 25 Glacier at Pacific Chinook at Sylvester Cascade at Showalter	
Departure Time - 2:55 Start Time – 3:45	Departure Time - 2:55 Start Time – 3:45	*Early Release

PLEASE NOTE SOFTBALL/SOCCER CONTEST LOCATIONS BELOW AND TRACK & FIELD LOCATIONS ABOVE

Cascade. Softball and Soccer at North Seatac Park, S. 128th St. & 20th Ave. S. Seatac, WA

Chinook. Softball and Soccer at Valley Ridge, 4424 S. 188th St, SeaTac, 98188

Glacier. Softball and Soccer at Glacier, 2450 S 142nd St, Seatac, 98168

Pacific. SB and Soccer at Mount Rainier HS, 22450 19th Ave S, Des Moines 98198.

Showalter. SB at Showalter, 4628 S 144th St. Tukwila, 98168. Soccer at Starfire, 14800 Starfire Way, Tukwila 98188

Sylvester. SB and Soccer TBD.

Season Two 2023-24 – 6/7/23		
<i>Coaches' Meeting: Tue, 10/24/23 5:00, Chinook</i>		
Varsity Girls Soccer – 3:45	JV Girls Soccer – 3:45	Junior Varsity Boys Basketball - 3:45 Varsity Boys Basketball - 4:45
First Practice: Mon, 10/30/23 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 11/17/23	First Practice: Mon, 10/30/23 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 11/17/23	First Practice: Mon, 10/30/23 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 11/17/23
Tuesday, December 5 Cascade at Chinook Pacific at Sylvester Showalter at Glacier	Tuesday, December 5 Chinook at Cascade Sylvester at Pacific Glacier at Showalter	Tuesday, December 5 Cascade at Chinook Pacific at Sylvester Showalter at Glacier
Thursday, December 7 Chinook at Pacific Glacier at Cascade Sylvester at Showalter	Thursday, December 7 Pacific at Chinook Cascade at Glacier Showalter at Sylvester	Thursday, December 7 Chinook at Pacific Glacier at Cascade Sylvester at Showalter
Tuesday, December 12 Cascade at Pacific Glacier at Sylvester Showalter at Chinook	Tuesday, December 12 Pacific at Cascade Sylvester at Glacier Chinook at Showalter	Tuesday, December 12 Cascade at Pacific Glacier at Sylvester Showalter at Chinook
Thursday, December 14 Chinook at Glacier Pacific at Showalter Sylvester at Cascade	Thursday, December 14 Glacier at Chinook Showalter at Pacific Cascade at Sylvester	Thursday, December 14 Chinook at Glacier Pacific at Showalter Sylvester at Cascade
Tuesday, December 19 Cascade Bye Chinook at Sylvester Glacier at Pacific	Tuesday, December 19 Cascade Bye Sylvester at Chinook Pacific at Glacier	Tuesday, December 19 Cascade Bye Chinook at Sylvester Glacier at Pacific
Thursday, December 21 Chinook at Cascade Glacier Bye Sylvester at Pacific	Thursday, December 21 Cascade at Chinook Glacier Bye Pacific at Sylvester	Thursday, December 21 Chinook at Cascade Glacier Bye Sylvester at Pacific
Tuesday, January 9 Cascade at Glacier Pacific at Chinook Showalter at Sylvester	Tuesday, January 9 Glacier at Cascade Chinook at Pacific Sylvester at Showalter	Tuesday, January 9 Cascade at Glacier Pacific at Chinook Showalter at Sylvester
Thursday, January 11 Chinook at Showalter Pacific at Cascade Sylvester at Glacier	Thursday, January 11 Showalter at Chinook Cascade at Pacific Glacier at Sylvester	Thursday, January 11 Chinook at Showalter Pacific at Cascade Sylvester at Glacier
Tuesday, January 16 Cascade at Sylvester Glacier at Chinook Showalter at Pacific	Tuesday, January 16 Sylvester at Cascade Chinook at Glacier Pacific at Showalter	Tuesday, January 16 Cascade at Sylvester Glacier at Chinook Showalter at Pacific
Thursday, January 18 Pacific at Glacier Sylvester at Chinook Showalter at Cascade	Thursday, January 18 Glacier at Pacific Chinook at Sylvester Cascade at Showalter	Thursday, January 18 Pacific at Glacier Sylvester at Chinook Showalter at Cascade
Departure Time - 2:55 Start Time – 3:45	Departure Time - 2:55 Start Time – 3:45	

PLEASE NOTE SOFTBALL/SOCCER CONTEST LOCATIONS BELOW AND TRACK & FIELD LOCATIONS ABOVE

Cascade. Basketball at Cascade, 11212 10th Ave SW, Seattle 981468 Soccer at North Seatac Park, S. 128th St. & 20th Ave. S. Seatac, WA

Chinook. Basketball at Chinook, 18650 42nd Ave S, SeaTac, WA 98188 Soccer at Valley Ridge, 4424 S. 188th St, SeaTac, 98188

Glacier. Basketball and Soccer at Glacier, 2450 S 142nd St, Seatac, 98168

Pacific. Basketball at Pacific, 22705 24th Ave S, Des Moines, WA 98198 Soccer at Mount Rainier HS, 22450 19th Ave S, Des Moines 98198.

Showalter. Basketball at Showalter, 4628 S 144th St. Tukwila, 98168. Soccer at Starfire, 14800 Starfire Way, Tukwila 98188

Sylvester. Basketball at Sylvester, 16222 Sylvester Rd SW, Burien, WA 98166. Soccer at Sylvester, TBD

Season Three 2023-24 – 6/7/23

Coaches' Meeting: Wed 1/17/23, 5:00, Chinook

Junior Varsity Girls Basketball – 3:45 Varsity Girls Basketball - 4:45	Wrestling - 3:45
First Practice: Mon, 1/22/24 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 2/9/24	First Practice: Mon, 1/22/24 No new participants after 2 nd week
Tuesday, February 20 Cascade at Chinook Pacific at Sylvester Glacier BYE	Tuesday, February 20 BYE
Thursday, February 22 Chinook at Pacific Glacier at Cascade Sylvester at Showalter	Thursday, February 22 Chinook, Cascade at Glacier Pacific, Showalter at Sylvester
Tuesday, February 27 Cascade at Pacific Glacier at Sylvester Showalter at Chinook	Tuesday, February 27 Chinook, Sylvester at Cascade Glacier, Pacific at Showalter
Thursday, February 29 Chinook at Glacier Pacific at Showalter Sylvester at Cascade	Thursday, February 29 Showalter, Sylvester at Pacific Cascade, Glacier at Chinook
Tuesday, March 5 Cascade at Showalter Chinook at Sylvester Glacier at Pacific	Tuesday, March 5 BYE
Wednesday, March 6* (conferences 3/7) Chinook at Cascade Glacier at Showalter Sylvester at Pacific	Wednesday, March 6* (conferences 3/7) Chinook, Showalter at Sylvester Cascade, Pacific at Glacier
Tuesday, March 12 Cascade at Glacier Pacific at Chinook Showalter at Sylvester	Tuesday, March 12 Glacier, Sylvester at Showalter Chinook, Pacific at Cascade
Thursday, March 14 Chinook at Showalter Pacific at Cascade Sylvester at Glacier	Thursday, March 14 Glacier, Showalter at Chinook Sylvester, Cascade at Pacific
Tuesday, March 19 Cascade at Sylvester Glacier at Chinook Showalter at Pacific	Tuesday, March 19 BYE
Thursday, March 21 Pacific at Glacier Sylvester at Chinook Showalter at Cascade	Thursday, March 21 Glacier, Chinook at Sylvester Pacific, Cascade at Showalter
Departure Time - 2:55 Start Time – 3:45	Departure Time - 2:55 Start Time – 3:45

PLEASE NOTE SOFTBALL/SOCCER CONTEST LOCATIONS BELOW AND TRACK & FIELD LOCATIONS ABOVE

Cascade. [Basketball and Wrestling at Cascade](#), 11212 10th Ave SWt, Seattle 981468

Chinook. [Basketball and Wrestling at Chinook](#) 18650 42nd Ave S, SeaTac, WA 98188

Glacier. [Basketball and Wrestling at Glacier](#), 2450 S 142nd St, Seatac, 98168

Pacific. [Basketball and Wrestling at Pacific](#) 22705 24th Ave S, Des Moines, WA 98198

Showalter. [Basketball and Wrestling at Showalter](#), 4628 S 144th St. Tukwila, 98168.

Sylvester. [Basketball and Wrestling at Sylvester](#) 16222 Sylvester Rd SW, Burien, WA 98166.

Season Four 2023-24 – 6/7/23		
<i>Coaches' Meeting: Wed 3/20/24, 5:00, Chinook</i>		
Junior Varsity Volleyball – 3:45 Varsity Volleyball – 4:45	Football – 4:00 NOTE: HPS Schools 8th Grade Only	Cross Country - 4:00 Wave 1 approx 4:00(boys) and 4:25(girls) Wave 2 approx 4:50(boys) and 5:15(girls)
First Practice: Mon, 3/25/24 No new participants after 2 nd week Intramurals First Three Weeks Teams Announced: Fri 4/19/24	First Practice: Mon, 3/25/24 No new participants after 2 nd week	First Practice: Mon, 3/25/24 No new participants after 2 nd week
Tuesday, April 30 Cascade at Chinook Pacific at Sylvester Showalter at Glacier	Thursday, May 2 BYE - Possible Play Date	Tuesday, April 30 at TBD (SH HOST) Glacier, Chinook, Pacific, wave 1 Showalter, Cascade, Sylvester wave 2
Thursday, May 2 Chinook at Pacific Glacier at Cascade Sylvester at Showalter	Thursday, May 9 Chinook at Cascade Sylvester at Pacific Glacier at Showalter	Tuesday, May 7 at TBD Cascade, Sylvester, Pacific wave 1 Showalter, Glacier, Chinook wave 2
Tuesday, May 7 Cascade at Pacific Glacier at Sylvester Showalter at Chinook	Thursday, May 16 Pacific at Chinook Cascade at Glacier Showalter at Sylvester(at Neudorf)	Tuesday, May 14 at TBD Cascade, Chinook, Glacier wave 1 Showalter, Pacific, Sylvester wave2
Thursday, May 9 Chinook at Glacier Pacific at Showalter Sylvester at Cascade	Thursday, May 23 Pacific at Cascade Sylvester at Glacier Chinook at Showalter	Tuesday, May 21 at TBD (SH Host) Cascade, Chinook, Glacier wave 1 Showalter, Pacific, Sylvester wave 2
Tuesday, May 14 Cascade at Showalter Chinook at Sylvester Glacier at Pacific	Thursday, May 30 Glacier at Chinook Showalter at Pacific(at Neudorf) Cascade at Sylvester	Tuesday, May 28 Middle School Championships <i>All Schools at TBD</i> <i>Championship Schedule:</i>
Thursday, May 16 Chinook at Cascade Glacier at Showalter Sylvester at Pacific		6 th Grade Boys and Girls 4:00 7 th /8 th Grade Girls 4:30 7 th /8 th Grade Boys 5:00
Tuesday, May 21 Cascade at Glacier Pacific at Chinook Showalter at Sylvester		
Thursday, May 23 Chinook at Showalter Pacific at Cascade Sylvester at Glacier		
Tuesday, May 28* BYE IF NO SCHOOL Cascade at Sylvester Glacier at Chinook Showalter at Pacific		
Thursday, May 30 Pacific at Glacier Sylvester at Chinook Showalter at Cascade	Football Locations Highline Stadium 400 S 156th St Burien 98166 Neudorf Stadium 4242 S 144th St Tukwila 98188	Cross Country Locations Mount Rainier HS Campus - 22450 19th Ave S Des Moines 98198 N Seatac Park - 12900 Des Moines Mem Dr Seatac 98168
Departure Time - 2:55 Start Time – 3:45	Departure Time - 2:55 Start Time – 3:45	Departure Time - 2:55 Start Time – 4:00