



Lakewood's 2024 Cross Country Schedule

Practice will begin September 4, 2024

Date	Day	Location	Dismiss	Depart	Start	Return
9/21	Saturday	South Whidbey Invite		7:00 AM	9:45 AM	1:00 PM
9/24	Tuesday	Granite Gallop @ Granite Falls HS	1:40 PM	1:50 PM	3:30 PM	6:15 PM
10/3	Thursday	Fort Casey, Coupeville	12:35 PM	12:45 PM	3:30 PM	6:30PM
10/11	Friday	Nike Hole in the Wall @ Lakewood			3:30 PM	
10/16	Wednesday	Cascade Conference JH League Meet at South Whidbey	12:35 PM	12:45 PM	3:30 PM	7:30 PM

PICTURE DAY SEPT 17TH @ 2:30 PM

*** Final meet on 10/16 is the League Championship at Langley. Carpooling for parents is recommended.**

If an athlete will not be riding the bus back to LMS after an away game, a parent or legal guardian must inform the coach 24 hours prior to the game and sign them out after. Players not riding home with a legal guardian must have a note turned into Mr Barth the day before the game. Email: jbarth@lwsd.wednet.edu

Players must have a current physical before they can participate. Physical forms are available in the LMS office. Players must have 8 practices before they can participate in a game.

Teams may stop for dinner when returning from an away game. Parents will be notified if/when this may occur.

Please be aware of possible revisions to this schedule after the season begins.

WINNING IS FOR A DAY.
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ARE FOR A LIFETIME.