

George Bush Middle School

FALCON CROSS COUNTRY SCHEDULE

2025-2026

Joanna Brown – Head Coach
TBD – Assistant Coaches

Bus departure/return times and game start times are approximate times.

ANY SCHEDULE CHANGES IN BOLD

Date	Competition	Time	Location	Leave	Return
Wed 9/17	Black Hills	4pm	Pioneer Park	2:40	<u>Parent pick up from Park after meet</u>
Sat 9/20	Fort Steilacoom Invitational	9:45 AM	Ft. Steilacoom, WA	8am	2:30pm
Wed 10/1	Tumwater, Shelton, Centralia	4pm	Fort Borst Park, Centralia	2:40	6pm
Wed 10/8	Aberdeen, WF West, Tumwater	4pm	Pioneer Park, Tumwater	2:40	<u>Parent pick up from Park after meet</u>
Wed 10/15	Tumwater, Centralia, Aberdeen	4pm	Makarenko Park, Aberdeen	2:40	7pm
Fri 10/17	Bruce Newman	5pm	LBA park, Olympia	Parent transportation only	Parent transportation only
	end of the season celebration	Once MS races are done	Picnic area at LBA park		

Regular practice: starts the first day of school W 9/3, Monday-Thursday 2:30-4:30pm at BMS. Pick up promptly at 4:30 by the picnic table outside Coach Brown's classroom on the bus entrance side of the school.

Required Gear:

- High quality running shoes (contact coach Brown asap if you child needs support obtaining quality running shoes- quality running shoes are key to injury prevention)
- Water bottle
- Athletic/running attire

RECCOMENDED GEAR: Digital sport watch with stopwatch feature (the cheap ones under \$20 work just fine). Carrying phones while running will be discouraged.

Meet attire: a jersey provided by (& returned at the end of the season to) BMS. Families are responsible for providing running shorts.

Away Meet protocol: We will ride to all matches as a team. If you will be riding with parents home, you will need to have completed a permission form ([Travel Release](#)), stamped in the main office and turned in to your coach before departing BMS. Dress in uniform before leaving BMS. Pack snacks.

Please join the BMS Cross-Country page on Athletic.net for meet information, results, etc. Season 25-26 info to come.

Let's GO Falcons Runners! I can't wait to see you all ~ Coach Brown

Head Coach: Joanna Brown, joanna.brown@tumwater.k12.wa.us