



2026 Islander Middle School Cross Country Schedule

Updated: 08/03/2026

DAY	DATE	OPPONENT	LOCATION	START	SCHOOL DISMISSAL
Wednesday	Aug 26	<i>First Practice</i>	Islander MS	1:30 pm	1:20 pm
Wednesday	Sept 16	<i>Twin Falls MS</i>	Twin Falls MS	3:30 pm G/B	1:20 pm
Tuesday	Sept 22	<i>Chief Kanim MS</i>	Islander MS	3:30 pm B/G	2:50 pm
Tuesday	Sept 29	<i>Snoqualmie MS</i>	Islander MS	3:30 pm G/B	2:50 pm
Tuesday	Oct 6	<i>Tolt MS</i>	Tolt MS	3:30 pm B/G	2:00 pm
Wednesday	Oct 14	<i>League Finals (All Schools)</i>	Tolt MS	3:30 pm G/B	1:20 pm

IMPORTANT INFORMATION

- *IMS Athletic Registration (including Athletic Health Forms) must be complete before attending practice.*
- *Athletes must participate in a minimum of 7 practices to be eligible to compete in Cross Country meets.*
- *Activity buses will be available to transport athletes home after practices (Mon-Thurs) during the season.*
- *Athletes will be dismissed according to schedule above for AWAY Cross Country meets.*
- *Please change into uniforms at lunch for away meets. Buses depart 10 minutes after athlete dismissal.*
- *There are four separate races in each Cross Country Meet. The race order is as follows:*
 - ✓ **G/B** → 1st race 6th grade GIRLS, then 6th BOYS, then 7th/8th GIRLS, last race 7th/8th BOYS
 - ✓ **B/G** → 1st race 6th grade BOYS, then 6th GIRLS, then 7th/8th BOYS, last race 7th/8th GIRLS

CHIEF KANIM MS 32627 SE Redmond-Fall City Road Fall City 98024 (425) 831-8225	SNOQUALMIE MS (Centennial Fields) 39903 SE Park St Snoqualmie 98065 (425) 831-8000	TOLT MS 3740 Tolt Avenue Carnation 98014 (425) 844-4600	TWIN FALLS MS 46910 SE Middle Fork Road North Bend 98045 (425) 831-4150
---	---	---	---