



KALAMA MIDDLE/HIGH SCHOOL

MS Cross Country 2016

First Practice 8/22, Minimum # of req practices: 8

| Date | Day | Location |
|---------------|-------------|-------------------------------------|
| 8-Sep | Thurs | Toutle Lake |
| 15-Sep | Thurs | Fast and Flat at Morton/White Pass |
| 17-Sep | Sat | Oregon City Invitational |
| 20-Sep | Tues | Onalaska |
| 27-Sep | Tues | Rainbow Park (Home) |
| 4-Oct | Tues | Rainier |
| 7-Oct | Fri | Bill Kehoe Invite at Saint Martin's |