



## Cross Country Schedule Practice & Meets 2024

<u>DATE</u>	<u>WHAT</u>	<u>PLACE</u>	<u>TIME</u>	<u>DISMISSAL TIME</u>
Fri. Sept. 6	Practice	Gonyea	3:30-5:00	
Fri. Sept. 13	Practice	PLS	3:30-5:00	
<b>Wed. Sept. 18</b>	<b>Meet</b>	<b>Manchester State Park</b> <b>7767 E. Hilldale RD. Port Orchard</b>	<b>12:30</b>	<b>10:30</b>
<i>Fri. Sept. 20</i>	<i>No Practice</i>			
Fri., Sept. 27	Practice	Gonyea	3:30-5:00	
<b>Tues., Oct. 1</b>	<b>Meet</b>	<b>Lincoln Park</b> <b>8011 Fautleroy WY SW, Seattle</b>	<b>3:30</b>	<b>2:00</b>
Fri. Oct. 4	Practice	PLS	3:30-5:00	
Fri., Oct. 11	No practice due to the TELSS Soccer Tournament			
<b>Tues. Oct. 15</b>	<b>Meet</b>	<b>Celebration Park</b> <b>1095 S. 324<sup>th</sup> St., Federal Way 98003</b>	<b>3:30</b>	<b>2:30</b>
<b>Tues. Oct. 22</b>	<b>Meet</b>	<b>Concordia Christian</b> <b>202 E. 56<sup>th</sup> St., Tacoma 98404</b>	<b>3:30</b>	<b>3:00</b>

Coach: Lynda Straling (253) 227-2926

**\*\*Practices are held at Gonyea Park (13422 10<sup>th</sup> Ave. S, Tacoma, 98444) and PLS.**

**\*\*Securing transportation to and from meets/practice is the responsibility of parents, not the coach. The shuttle bus will be available for the first 12 students to sign up by 12:30 on the day needed.**

**\*\*Practice wear should follow the PLS dress code.**

If you have questions, please contact Mrs. Rogich: [crogich@parklandlutheran.org](mailto:crogich@parklandlutheran.org)  
9/10/24