



2026 Cross Country Practice & Meet Schedule

<u>DATE</u>	<u>WHAT</u>	<u>PLACE</u>	<u>TIME</u>	<u>DISMISSAL</u>
Fri. Sept. 4	Practice	Gonyea	3:30-5:00	
Fri. Sept. 11	Practice	PLS	3:30-5:00	
Fri. Sept. 18	Practice	PLS	3:30-5:00	
Wed. Sept. 23	Meet	Manchester St. Park	12:30 (Walk-Thru)	11:00
Manchester State Park - 7767 E. Hilldale RD. Port Orchard 98366				
Fri., Sept. 25	Practice	PLS	3:30-5:00	
Fri., Oct. 2	Practice	PLS	3:30-5:00	
Fri., Oct. 9	NO PRACTICE		(TELSS Soccer Tournament)	
Tues., Oct. 13	Meet	Lincoln Park	3:45 (Walk-Thru)	1:55
Lincoln Park - 8011 Fauntleroy Way SW, Seattle 98136				
Tues., Oct. 20	Meet	Celebration Park	4:00 (No Walk-Thru)	2:45
Celebration Park - 1095 S. 324th St., Federal Way 98003				
{This is the league Championship Meet}				
Fri., Oct. 23	NO PRACTICE		(Trunk or Treat)	
Tues., Oct. 27	Meet	Zion Lutheran	3:45 (Walk-Thru)	1:15
Zion Lutheran School - 3923 103rd Ave. SE. , Lake Stevens 98258				
[PLS Flag Football players will not attend 10/27 meet due to previously scheduled game]				
Wed., Oct. 28	Awards	PLS Music Room	3:45	
Awards / Pizza Party - Parents are welcome and encouraged to attend!				

- ❖ Coach Lynda Straling's personal cell phone number: (253) 227-2926
 - Please use the phone number above for XC transportation purposes only, please.
- ❖ **All practices will be held at PLS.**
- ❖ Securing transportation to and from meets is the responsibility of parents, not the coach.
- ❖ The shuttle bus will be available for meets for the first 12 students to sign up by 12:30 the day prior to the meet.
- ❖ Practice wear should follow the PLS dress code for modest and appropriate attire.

If you have questions, please contact Mrs. Rogich: crogich@parklandlutheran.org

10/5/2026