

SOUTH PUGET SOUND LEAGUE, 2011/12 SCHOOL YEAR

**CROSS COUNTRY
4A DIVISION**

North Division

**Auburn
Auburn-Riverside
Kentlake
Kent Meridian
Kentrige
Kentwood
Mt. Rainier
Tahoma
Thomas Jefferson**

First Practice: August 22, 2011
Minimum Required Practice Days: 10
First Possible Playing Date: Friday, Sept. 2, 2011
Regular Season Contest Limit: 10 + Jamboree
Starting Time (unless otherwise noted):
Boys JV 4:00, Girls Var/JV, 4:30 pm and
Boys Var. 5:00 pm

Commissioner: Ron Ness, 253-945-5701
Fax: 253-945-5656

Pre-season meeting: Aug. 24, 6:00pm @ Thomas Jefferson HS
Post-season meeting Oct. 26, 6:00 pm @ Thomas Jefferson HS

South Division

**Bethel
Curtis
Emerald Ridge
Federal Way
Grah. Kapowsin
Puyallup
Rogers
Spanaway Lake
Todd Beamer**

1. WEDNESDAY, SEPT. 14
Non-League opportunity

2. WEDNESDAY, SEPTEMBER 21
Tahoma, Auburn, @ Kent Meridian
Kentwood, Aub-Riverside @ Kentrige
Mt. Rainier, Thomas Jefferson, @ Kentlake

Puyallup, Rogers, @ Curtis
Todd Beamer, Bethel, @ Grah-Kapowsin
Sp. Lake, Emerald Ridge, @ Federal Way

3. WEDNESDAY, SEPTEMBER 28
Thomas Jefferson, Auburn, @ Aub-Riverside
Kentrige, Kentlake, @ Kent-Meridian
Mt. Rainier, Kentwood, @ Tahoma

Curtis, Bethel, @ Emerald Ridge
Grah-Kapowsin, Federal Way, @ Puyallup
Sp. Lake, Rogers, @ Todd Beamer

4. WEDNESDAY OCTOBER 5
Kentwood, Kentlake, @ Auburn
Aub-Riverside, Kent Meridian, @ Mt. Rainier
Kentrige, Tahoma, @ Thomas Jefferson

Bethel, Federal Way, @ Rogers
Curtis, Grah-Kapowsin, @ Sp. Lake
Emerald Ridge, Puyallup, @ Todd Beamer

5. WEDNESDAY, OCTOBER 12
Kentrige, Auburn, @ Mt. Rainier
Tahoma, Aub-Riverside, @ Kentlake
Kent-Meridian, Thomas Jefferson, @ Kentwood

Puyallup, Sp. Lake, @ Bethel
Todd Beamer, Curtis, @ Federal Way
Grah-Kapowsin, Emerald Ridge, @ Rogers

POST SEASON SCHEDULE

Sub-District:

> Sat. Oct. 22 Ft. Steilacoom Park

District Non-Qualifiers:

> Tues. Oct. 25 @ Aub. Riverside

West Central District:

> Sat. Oct. 29 @ American Lake G.C.

State:

> Sat. Nov. 5 @ Pasco