

# NCA 2018 Cross Country Schedule

Please note times subject to change.

Date	Location	Leave/Return
Sat. 9/8	Capital Invitational Capital HS 2707 Conger Ave NW Olympia	8-12 am Race at 9:45am
Wed. 9/12	Shelton Home Lake Isabella State Park Delight Park Road, Shelton, WA	2:15 pm -6:30 pm Students dismissed at 2:00 pm Race Starts at 5:00 pm
Sat. 9/15	Ft. Steilacoom Invite Ft Steilacoom Park 8714 87th Av SW, Lakewood	7 am-noon (maybe later if coaches stay for HS meet) Race at 9:05 am
Sat. 9/22	King's Cross Invite Kings HS 19303 Fremont Ave N Shoreline	8:am – 5 pm Race at noon. Vans will stop for diner after meet.
Fri. 9/28	Deschutes River Ranch Invite Deschutes River Ranch 9725 Rich Rd, East Olympia	To Be Determined Likely late afternoon race.
Sat. 10/6	Bill Kehoe South Sound Invite St. Martins University 5000 Abbey Way, SE. Lacey, WA	8:00 am – parents to provide drop off and pick up at St. Martins Race at 9:15 am
Wed. 10/10	SSC Meet Capital HS 2707 Conger Ave NW Olympia	To Be Determined Likely late afternoon race.

## Coaches Contact Info:

Jenny McEwen 406-490-9480

Dave McEwen 406-498-0875

Robert Ingram 360-791-7752

Please feel free to text or call the coaches with any questions. Email ([jenniferrunng@gmail.com](mailto:jenniferrunng@gmail.com)) will be checked daily but texting Jenny or Robert will be the quickest way to reach us.

Results: Athletic.net - search by individual athlete or Community Christian Academy