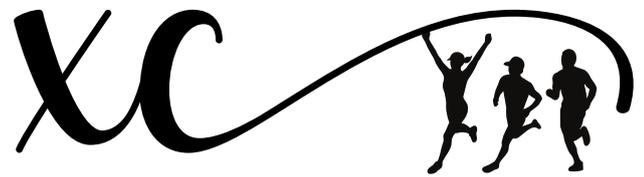


2025 AUGUST



SUN	MON	TUES	WED	THUR	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 Practice 4-5:30 *LBA Park Upper Parking Lot	26 Practice 4-5:30 LBA Park Upper Parking Lot	27 NO PRACTICE	28 Practice 4-5:30 Tumwater High School, meet at stadium entrance	29 NO PRACTICE	30 Practice 8-9:30am *Millersylvania State Park North Entrance
31						

NOTES

LBA Park 3333 Morse-Merryman Rd SE, Olympia, WA 98501

Millersylvania State Park 12245 Tilley Rd SW, Olympia, WA 98512

Email Coach Brown if you will not be at practice: joanna.brown@tumwater.k12.wa.us

Bring to practice:

running shoes, water bottle, watch (*phones need to be in running belt or armbands if used while running)

2025

SEPTEMBER



SUN	MON	TUES	WED	THUR	FRI	SAT
	1 Practice 2:30-4:00 Pioneer Park	2 NO PRACTICE	3 Practice 2:30-4:30 BMS	4 Practice 2:30-4:30 BMS	5 NO PRACTICE	6 Practice 8:00-9:30 am Millersylvania State Park
7	8 Practice 2:30-4:30 BMS	9 Practice 2:30-4:30 BMS	10 Practice 2:30-4:30 BMS	11 Practice 2:30-4:30 BMS	12 Practice 3:30-5:00pm Millersylvania State Park	13 NO PRACTICE
14	15 Practice 2:30-4:30 BMS	16 Practice 2:30-4:30 BMS	17 League Meet HOME@Pioneer Park Olympia	18 Practice 2:30-4:30 BMS	19 NO PRACTICE	20 MEET 8:00 am *Fort Steilacoom Invitational
21	22 Practice 2:30-4:30 BMS	23 Practice 2:30-4:30 BMS	24 Practice 2:30-4:30 BMS	25 Practice 2:30-4:30 BMS	26 NO PRACTICE	27 Practice 8:00am-9:30am *Heritage Park
28	29 Practice 2:30-4:30 BMS	30 Practice 2:30-4:30 BMS				

NOTES

Fort Steilacoom Invitational, Saturday, September 20. Bus departs from Tumwater HS at 8:00 am
The combined boys' and girls' middle school XC race begins at 9:45 am. Athletes must have a travel release to ride home with a family member. Fort Steilacoom Park, 87th Avenue Lakewood, WA

Practice at Heritate Park, Saturday, September 27th. 8:00 am-9:30 am Meet by the restrooms. 330 5th Ave SW Olympia, WA 98501

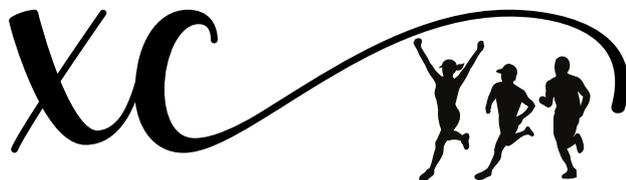
Transportation for home meets at Pioneer Park: All athletes ride the bus to the park, but must be picked up by a family member after the meet. No travel release form needed.

Email Coach Brown if you will not be at practice: joanna.brown@tumwater.k12.wa.us

Bring to practice:

running shoes, water bottle, watch (*phones need to be in running belt or armbands if used while running)

2025 OCTOBER



SUN	MON	TUES	WED	THUR	FRI	SAT
			1 League Meet @Fort Borst Park, Centralia, WA	2 NO PRACTICE 30 minute easy run on your own	3 NO PRACTICE	4 NO PRACTICE 40 minute easy run on your own
5	6 Practice 2:30-4:30 BMS	7 Practice 2:30-4:30 BMS	8 League Meet HOME@Pioneer Park	9 Practice 2:30-4:30 BMS	10 Practice 3:30-5:00pm Millersylvania Park	11 NO PRACTICE
12	13 Practice 2:30-4:30 BMS	14 Practice 2:30-4:30 BMS	15 League Meet @Aberdeen, Makarenko Park, Aberdeen, WA	16 Practice 2:30-4:30 BMS	17 NO PRACTICE	18 Practice 8:00am-9:30am *Heritage Park
19	20 Practice 2:30-4:30 BMS	21 LAST Practice 2:30-4:30 BMS	22 League Championship Location TBD	23 End of season celebration TBD	24	25
26	27	28	29	30	31	

NOTES

Transportation for home meets at Pioneer Park: All athletes ride the bus to the park, but must be picked up by a family member after the meet. No travel release form needed.

*October 15 meet in Aberdeen- travel release forms are required for athletes to ride home with a family member.

Email Coach Brown if you will not be at practice: joanna.brown@tumwater.k12.wa.us

Bring to practice:

running shoes, water bottle, watch (*phones need to be in running belt or armbands if used while running)