

## La Salle High School Cross Country 2019

Day	Date	Opponent	Host/Site	Time	Release Time	Approximate Depart Time
Monday	8/26	First Practice	La Salle			
Friday	9/6	Half Time Dash	Selah	TBD	NA	TBD
Saturday	9/21	Apple Ridge Invite	Apple Ridge	11:00 AM	NA	9:00 AM
Saturday	9/28	Connell Invite	Connell	12 Noon	NA	8:15 AM
Thursday	10/3	Zillah, Wahluke, Connell, Highland, Granger	La Salle (Apple Ridge)	4:00 PM	1:00 PM	1:15 PM
Thursday	10/10	KI-BE, Connell, Cle Elum	Cle Elum	4:00 PM	1:30 PM	1:45 PM
Thursday	10/17	Goldendale, Connell, Royal	Royal	4:00 PM	11:45	12 Noon
Thursday	10/24	Naches, College Place, Connell	Connell	4:00 PM	12:45 PM	1:00 PM
Thursday	10/31	District	Apple Ridge	3:30 PM	12:45 PM	1:00 PM
Saturday	11/9	State	Pasco (Sun Willows GC)	10:00 AM	NA	TBD

Head Coach: Rick Maib  
 Assistant Coach:  
 Assistant Coach:  
 President: Tim McGree  
 Principal: Ted Kanelopoulos  
 Athletic Director: Don L. Erickson

Irene Rhineheart - Ellensburg  
 Apple Ridge - Highland  
 Franklin Park - Yakima  
 Dinosaur Park - Granger  
 Ski Hill - Leavenworth  
 Sun Willows GC - Pasco