

## 2009 KING CO CROSS COUNTRY

First day of practice - Aug. 24

### BLOCK 1

Sept. 10

League Jamboree - Lk. Samm State Park/Lincoln Park - Class Races.

### Block 2

Sept. 16

Bothell, **Ballard**, Inglemoor  
Lake Washington, **Woodinville**, Juanita  
Bellevue, Interlake, **Roosevelt**  
**Eastlake**, Mt. Si, Newport  
Mercer Island, **Garfield**, Issaquah  
Sammamish, Liberty, **Redmond**, Skyline

### Block 6

Oct. 14

Bellevue, Sammamish, Interlake, **Newport**  
Lake Washington, Redmond, Eastlake, **Juanita**  
Issaquah, Liberty, **Skyline**  
Woodinville, **Bothell**, Inglemoor  
**Roosevelt**, Garfield, Ballard  
Mt. Si, **Mercer Island**

### Block 3

Sept. 23

**Lake Washington**, Interlake, Mt. Si, Sammamish  
**Juanita**, Redmond, Issaquah, Woodinville, Ballard  
Liberty, **Inglemoor**, Roosevelt, Garfield

### Block 4

Sept. 30

Skyline, MI, Ballard, Bellevue, Bothell, **Interlake**  
**Mt. Si**, Issaquah, Sammamish, Eastlake, Newport

### Block 5

Oct. 7

Ballard, Juanita, Garfield, **MI**, Inglemoor  
Eastlake, **Newport**, Skyline, Issaquah, Roosevelt  
Bothell, Redmond, Interlake, **Sammamish**  
**Bellevue**, LW, Mt. Si, Liberty, Woodinville

#### **September 10 Pre-Meet at Lake Sammamish:**

Woodinville  
Mt. Si  
Skyline  
Liberty  
Juanita  
Mercer Island  
Sammamish  
Interlake  
Bellevue

#### **September 10 Pre-Meet at Lincoln Park:**

Inglemoor  
Bothell  
Lake Washington  
Eastlake  
Roosevelt  
Redmond  
Ballard  
Garfield  
Issaquah  
Newport

4A/3A/2A Kingco League Meet: October 22  
at Lincoln Park or Sammamish State Park

### Teams in Bold-Host School

3A Sea King District Meet: Oct. 29  
at Lake Sammamish State Park

