



North Lake Middle School Cross Country 2019 **REVISED**

- Monday - September 23rd Snohomish Invite @ Snohomish High School
Host: Snohomish
- Wednesday - September 25th NLMS, Stanwood, Marysville
@ Sky River Park - Host: Monroe
- Tuesday - October 1st NLMS, Marysville, Centennial
@ Jennings Park - Host: Cedarcrest
- Monday - October 7th NLMS, LSMS, Cavelero @ Stanwood
Host: Port Susan
- Wednesday - October 9th NLMS, VV, Centennial, Marysville @ NLMS
Host: NLMS
- Tuesday, October 15th NLMS, LSMS, Centennial @ Cavelero
Host: Cavelero
- Thursday, October 17th League Finals @ Lakewood High School

Meets at Cavelero Mid-High are a drop off only, no return trip.

All meets will begin at 4:00.

Team picture will be taken on Sept. 13th

Head Coach - David Rothgeb

Directions to Cross Country Meets

Cavelero Mid-High School: 8220 - 24th St. SE, Lake Stevens, WA

425-335-1630

1. From Highway 9 turn west on 20th (Cavelero Hill Road), which is south of Frontier Village.
2. Go West to 83rd, turn left (south) and follow the road back to school.

Jennings Park: 7027 - 51st NE, Marysville, WA 98270

1. Take Highway 9 north to Highway 528. Turn Left. Go west on 528 to Liberty Ave/47th Ave NE.
2. From Everett, take I-5 north to exit 199 (4th St). Turn right. Go east to Liberty Ave/47th NE.
3. Turn north on 47th to Armor Road
4. Armor Road turns into 51st NE. Park is on right.

Lakewood High School: 17023 11th Ave NE, Arlington, WA 98223

360-652-4505

1. I-5 north to Exit 206.
2. Turn left at the light onto 172nd St NE (Hwy. 531)
3. Head west on 172nd to 11th Ave NE.
4. Turn left at 11th Ave NE; school is on the left.

Port Susan Middle School: 7506 - 267th St NW, Stanwood, WA 98262

360-629-1360

1. I-5 north to exit 212; proceed west on SR 532.
2. Go to first stop light at 72nd; turn left.
3. Turn right on 267th St NW; school on left.

Sky River Park: 820 Village Way, Monroe, WA 98272

1. Village Way is south off Main Street in Monroe just before City Hall
2. Follow Village Way to park (there are signs).

Snohomish High School: 1316 - 5th St., Snohomish, WA 98290

360-563-4000

1. Coming from Everett, take the Snohomish/Bickford Ave. exit.
2. Coming south on Highway 9 from Frontier Village area, take Snohomish exit, turning left onto Bickford Ave.
3. Bickford turns in to Ave D.
4. Continue on Ave D to second traffic light. School is at this corner on right.
5. Turn right at light. Stadium is on left one block.