

**SOUTH PUGET SOUND LEAGUE, 2011/12 SCHOOL YEAR**

**CROSS COUNTRY  
4A DIVISION**

**North Division**

**Auburn  
Auburn-Riverside  
Kentlake  
Kent Meridian  
Kentrige  
Kentwood  
Mt. Rainier  
Tahoma  
Thomas Jefferson**

First Practice: August 22, 2011  
Minimum Required Practice Days: 10  
First Possible Playing Date: Friday, Sept. 2, 2011  
Regular Season Contest Limit: 10 + Jamboree  
Starting Time (unless otherwise noted):  
Boys JV 4:00, Girls Var/JV, 4:30 pm and  
Boys Var. 5:00 pm

Commissioner: Mike Grady, 253-945-5622  
Fax: 253-945-5656  
Pre-season meeting: Aug. 24, 6:00pm @ Thomas Jefferson HS  
Post-season meeting Oct. 26, 6:00 pm @ Thomas Jefferson HS

**South Division**

**Bethel  
Curtis  
Emerald Ridge  
Federal Way  
Grah. Kapowsin  
Puyallup  
Rogers  
Spanaway Lake  
Todd Beamer**

**1. WEDNESDAY, SEPT. 14**  
Non-League opportunity

**2. WEDNESDAY, SEPTEMBER 21**  
Tahoma, Auburn, @ Kent Meridian  
Kentwood, Aub-Riverside @ Kentrige  
Mt. Rainier, Thomas Jefferson, @ Kentlake

Puyallup, Rogers, @ Curtis  
Todd Beamer, Bethel, @ Grah-Kapowsin  
Sp. Lake, Emerald Ridge, @ Federal Way

**3. WEDNESDAY, SEPTEMBER 28**  
Thomas Jefferson, Auburn, @ Aub-Riverside  
Kentrige, Kentlake, @ Kent-Meridian  
Mt. Rainier, Kentwood, @ Tahoma

Curtis, Bethel, @ Emerald Ridge  
Grah-Kapowsin, Federal Way, @ Puyallup  
Sp. Lake, Rogers, @ Todd Beamer

**4. WEDNESDAY OCTOBER 5**  
Kentwood, Kentlake, @ Auburn  
Aub-Riverside, Kent Meridian, @ Mt. Rainier  
Kentrige, Tahoma, @ Thomas Jefferson

Bethel, Federal Way, @ Rogers  
Curtis, Grah-Kapowsin, @ Sp. Lake  
Emerald Ridge, Puyallup, @ Todd Beamer

**5. WEDNESDAY, OCTOBER 12**  
Kentrige, Auburn, @ Mt. Rainier  
Tahoma, Aub-Riverside, @ Kentlake  
Kent-Meridian, Thomas Jefferson, @ Kentwood

Puyallup, Sp. Lake, @ Bethel  
Todd Beamer, Curtis, @ Federal Way  
Grah-Kapowsin, Emerald Ridge, @ Rogers

**POST SEASON SCHEDULE**

Sub-District:  
> Sat. Oct. 22 Ft. Steilacoom Park  
District Non-Qualifiers:  
> Tues. Oct. 25 @ Aub. Riverside  
West Central District:  
> Sat. Oct. 29 @ American Lake G.C.  
State:  
> Sat. Nov. 5 @ Pasco