

## WSK8 2025 CROSS COUNTRY SCHEDULE

Day	Date	Cross Country Location/ Host	Teams Going	TIME	Dismissal	Depart	Est. Return
THR	9/11	WSK8/JCMS @ JUNIPER HILLS	All Central Oregon District Schools	4 pm	2:15 pm	2:30 pm	6:00 pm
WED	9/17	WSK8	TEAM PICTURES!	3 pm			
THR	9/18	Crook County Wetlands	JCMS, WSK8, Trinity, 7 Peaks	4 pm	1:45 pm	2:00 pm	6:30 pm
THR	9/25	Sisters HS	All Central Oregon District Schools	4 pm	1:15 pm	1:30 pm	7:00 pm
WED	10/1	Deschutes County FG	All Central Oregon District Schools	4 pm	1:45 pm	2:00 pm	6:30 pm
WED	10/8	WSK8/MHS MEET @ Juniper Hills Park	WSK8 Preview Run District Course Cheer on MHS @ MHS Juniper Jam	4 pm	1:30 pm	1:45 pm	5:30 pm
THR	10/16	DISTRICTS @ JUNIPER HILLS PARK MADRAS	OMS, EGMS, SMS, WSK8, St. Francis, JCMS, 7 Peaks, Trinity, Cascades, CCMS, Culver	10 am	8:15 am	8:30 am	1:45 pm
TBD	TBD	JUNIPER HILLS JeffCo Invite (optional, must have ride to and from)	WSK8, JCMS, CULVER, MHS, CHS, Community Members	4:00 pm	NA	NA	NA

- Students need to take all their belongings to the locker room for practice and games, locking up all possessions. Items that will not fit in the sports locker should be locked in the PE office.
- Practices are everyday (from 2:50-4:30) of the week.
- Students will not be allowed into the hallway after practice or after meets.
- Parents who do not attend away meets, please plan to meet your child at the estimated return time. Runners will call for a ride when we leave the opposing school so you can time it.
- Students need to pack a healthy snack to eat on the bus, a water bottle for the meet, and a dinner for the way home. Please refer to the Guidelines for Activity Bus in the Athletic Handbook for additional rules on the bus.
- The bus will not stop for food. Sunflower seeds and drinks in cans will not be allowed on the bus. ALL DRINKS MUST BE IN RESEALABLE CONTAINERS.

If you have any questions, please contact me at the school, or email.

Head Coach/Athletic Director - Scott Vrana email: [svrana@509j.net](mailto:svrana@509j.net) Assistant Coach - Revised 8/27/2025