



2025 FMS Scotties



## Cross Country Schedule

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Time</u>	<u>Place</u>	<u>Rel.</u>	<u>Lv.</u>
<b>9/9/24</b>	<b>Tues.</b>	<b>Picture Day</b>	<b>3:00</b>	<b>Freeman</b>		
9/16/25	Tues.	Mountainside Invite	4:15	Mountainside	2:25	2:35
<b>9/18/25</b>	<b>Thurs.</b>	<b>Cheney, East Valley</b>	<b>3:45</b>	<b>Freeman</b>	2:15	2:25
9/23/25	Tues.	East Valley, Westwood	3:45	Westwood	2:25	2:35
9/25/25	Thurs.	Centennial, Westwood	3:45	Centennial	2:20	2:30
<b>10/1/25</b>	<b>Wed.</b>	<b>GSCL All Team Invite</b>	<b>3:45</b>	<b>Freeman</b>		
10/4/25	Sat.	Battle of the 509	9:00	Spokane Polo Grounds		7:00 AM
10/6/25	Mon.	Westwood	3:45	Westwood	2:25	2:35
10/8/25	Wed.	East Valley	3:45	East Valley	2:15	2:25
<b>10/14/25</b>	<b>Tues.</b>	<b>ALL-LEAGUE</b>	<b>3:30</b>	<b>Freeman</b>		

### Notes:

\*Practice Starts: Monday August 25<sup>th</sup>.

\*All players must have 8 practices before they may participate in their first event.

\*All uniforms will be collected at the end of the last meet. Those who are traveling to an away meet will need to bring a change of clothes.

Coach

Kaylynn Mendenhall  
[kmendenhall@freemansd.org](mailto:kmendenhall@freemansd.org)

**\*Directions to Schools on Back Side\***

**Directions to Schools**

<b>Centennial Middle School</b> <b>915 N. Ella Rd. Spokane Valley, WA</b> <ul style="list-style-type: none"><li>• Start at school and go to WA-27. Turn left.</li><li>• Turn left onto E. Dishman-Mica Rd.</li><li>• Follow through to E. Broadway Ave.</li><li>• Turn left on Broadway to Ella.</li><li>• Turn right on Ella to Centennial MS.</li></ul>	<b>East Valley Middle School</b> <b>4920 N. Progress Rd. Spokane Valley, WA</b> <ul style="list-style-type: none"><li>• Start at the school and go to WA-27.</li><li>• Turn left and go to 32<sup>nd</sup> Ave.</li><li>• Turn right and go to Sullivan Rd.</li><li>• Turn left and follow Sullivan Rd. to Wellesley Ave.</li><li>• Turn left and go to Progress Rd.</li><li>• East Valley MS is on the right.</li></ul>
<b>Westwood Middle School</b> <b>6120 S. Abbott Rd. Spokane, WA</b> <ul style="list-style-type: none"><li>• Start at the school and go to WA-27. Turn left.</li><li>• Drive to I-90.</li><li>• Merge onto I-90 West.</li><li>• Take Exit 276 toward Geiger Field/State Patrol.</li><li>• Keep left at the fork to go on S. Grove Rd.</li><li>• Turn left onto W. Hallett Rd.</li><li>• Take the first left onto S. Abbott Rd. and Westwood MS is on the left.</li></ul>	<b>Cheney Middle School</b> <b>2716 N. 6<sup>th</sup> St. Cheney, WA</b> <ul style="list-style-type: none"><li>• Start at FMS and go to WA-27. Turn left.</li><li>• Drive to I-90.</li><li>• Merge onto I-90 Est.</li><li>• Take Exit 270, Cheney/Four Lakes.</li><li>• Stay straight on WA-904.</li><li>• Turn right on Betz Rd.</li><li>• Cheney MS is on the left.</li></ul>

**Mountainside Middle School - 4717 E. Day Mt. Spokane Rd., Colbert WA 99005**

**Battle for the 509 - Spokane Polo Grounds 7714 W Sunset Hwy, Spokane, WA 99224**