



2025 FMS Scotties



Track

<u>Date</u>	<u>Day</u>	<u>Opponent</u>	<u>Time</u>	<u>Place</u>	<u>Rel.</u>	<u>Lv.</u>
4/25/25	Wed.	PICTURE DAY	3:00	Freeman		
4/30/25	Wed.	East Valley, Westwood	3:45	Freeman		
5/6/25	Tues.	Centennial, Westwood	3:45	West Valley HS	2:20	2:30
5/8/25	Thurs.	East Valley	3:45	East Valley	2:15	2:25
5/14/25	Wed.	East Valley, Cheney	3:45	Freeman		
5/15/25	Thurs.	Westwood	3:45	Westwood	2:05	2:15
5/19/25	Mon.	Coaches Meeting	5:30	Zoom		
5/21/25	Wed.	ALL-LEAGUE	3:00	Cheney	1:50	2:00

All-League will be running and field events on the same day. Top 8 plus an alternate for running and top 12 plus and alternate for field.

Directions to Schools on Back Side

Coaches

Head Coach: Nate Guthrie
nguthrie@freemansd.org
509-291-3721

Assistant Coach: Emily Nelson
enelson@freemansd.org

Notes:

*Practice Starts: Monday, April 14th

*Picture Day: Wednesday, April 25th

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

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

Directions to Schools

West Valley High School 8301 E Buckeye Ave, Spokane Valley, 99212 <ul style="list-style-type: none">• Heading north on Argonne• Turn left on Trent Ave.• Turn right on Vista Rd.• High School is just north on the right side of the street	East Valley High School 4920 N. Progress Rd. Spokane Valley, WA <ul style="list-style-type: none">• Start at the school and go to WA-27.• Turn left and go to 32nd Ave.• Turn right and go to Sullivan Rd.• Turn left and follow Sullivan Rd. to Wellesley Ave.• HS is ahead and on the right past the round-about
Westwood Middle School 6120 S. Abbott Rd. Spokane, WA <ul style="list-style-type: none">• Start at the school and go to WA-27. Turn left.• Drive to I-90.• Merge onto I-90 West.• Take Exit 276 toward Geiger Field/State Patrol.• Keep left at the fork to go on S. Grove Rd.• Turn left onto W. Hallett Rd.• Take the first left onto S. Abbott Rd. and Westwood MS is on the left.	Cheney Middle School 2716 N. 6th St. Cheney, WA <ul style="list-style-type: none">• Start at FMS and go to WA-27. Turn left.• Drive to I-90.• Merge onto I-90 Est.• Take Exit 270, Cheney/Four Lakes.• Stay straight on WA-904.• Turn right on Betz Rd.• Cheney MS is on the left.