



AMS CROSS COUNTRY 2025 SCHEDULE

Coaches: Dan McLean (Head Coach), Jim Riccardi (Asst. Coach), Lauren James (Volunteer Coach)

Home Meets @ [Smiley's Bottom](#)

Practices: Weekdays @ 3:10 - 4:30pm (Meet @ AMS blacktop in the upper parking lot)

Parent & Student Information Meeting: Wed, Sept 3 @ 4:10-4:30pm (AMS Commons)

Team Pictures: [Tuesday, Sept. 23](#) (*Individual Photos available upon request*) **BRING YOUR UNIFORM**

End of Season Party: Thursday, Oct 16 @ 3:15pm (HLC Room 213)

DATE	OPPONENT	TIME	LOCATION	LV/RETURN
Sept 18	Conway MVC Stanwood United LaBaker ICRS	3:30 - 5:30pm	HOME Smiley's Bottom	N/A
Sept 25	NWMS Cascade BE	3:30 - 5:30pm	Fort Nugent Park - Field 1	LV: 2:15pm RT: 6:15pm
Oct 2	Cascade NWMS MVC	3:30 - 5:30pm	Northern State Rec Area (NSR)	LV: 2:10pm RT: 6:05pm
Oct 9 PRELIMS	Full League	3:30 - 5:30pm	Mount Vernon Christian High School	LV: 1:45pm RT: 6:30pm
Oct 13	FINALS (Split) LaBaker Cascade MVC Conway	3:30 - 6:30pm	Skagit Valley College	LV: 2:00pm RT: 7:15pm

Updated 10.1.25

This schedule may change as needed.

Please visit the athletics page on the AMS website at www.asd103.org/AMS for the most current schedule available.

There is NO SUPERVISION after school. Athletes will need to leave the premises directly after school and arrive at Anacortes High School for practice at the scheduled time.

*Eligibility to participate in games/competitions:

- Athletes must attend at least 7 practices.
- Per AMS eligibility requirements, athletes must be passing all classes (NO F's) in order to participate in games/competitions. Students with failing grades on BOTH grade checks will be removed from the team.
- Athletes must have a current sports physical on file and have paid the \$45 sports fee.
- See the full Code of Conduct for a full list of eligibility requirements.

Ineligible athletes cannot attend away games with the team.