**Practice and Meet Schedule:**

(Meets start at 5pm; arrive at 4:45pm)

Tuesday, April 19 Practice 4-5pm

Monday, April 25 Practice 4-5pm

Tuesday, April 26 Practice 4-5pm

Monday, May 2 Practice 4-5pm

Tuesday, May 3 Practice 4-5pm

Thursday, May 5 Meet @ Kokanee 5-6:30pm (23710 57th AVE SE)

Monday, May 9 Meet @ Leota MS 5-6:30pm (19301 168th AVE NE)

Tuesday, May 10 Practice 4-5pm

Monday, May 16 Practice 4-5pm

Tuesday, May 17 Meet @ Kokanee 5-6:30pm (23710 57th AVE SE)

Monday, May 23 Practice 4-5pm

Tuesday, May 24 JO @ North Creek HS 5:30-7pm (3613 191st PL SE)

Feel free to contact Mr. Martin (gmartin@nsd.org), Ms. Lee (slee@nsd.org), or Ms. Nienaber (mnienaber@nsd.org) if you have any further questions. We are looking forward to a fun season!

**Volunteers Needed**

**1. Practice Volunteers:**

We are looking for parents who are available to help with timing runners and assist at some of our field events.

**2. Home Meet:**

We will need about 20 adults to help us host our home meets at Kokanee on Thursday May 5th and May 17th. Set up will begin at 4pm.

**3. Junior Olympics:**

May 24th @ North Creek HS 5:30-7:00pm

We will need between 10 and 20 volunteers to help out at Junior Olympics on Tuesday May 24th. Plan to arrive at 4pm to help with set-up.

Email Mr. Martin (gmartin@nsd.org), Ms. Lee (slee@nsd.org), or Ms. Nienaber (mnienaber@nsd.org) with:

\*Parent Name \*Student Name

\*Classroom Teacher \*Parent Email