

## MS Cross Country

### Coaches

**Adam Stuhlfaut (Coach Dude)**  
*MS Boys & Girls Cross Country Coach*  
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**Kristina Rey**  
*MS Boys & Girls Cross Country Coach*  
Krey@overlake.org

### TEAM SCHEDULES

### MS Cross Country Game Schedule

Date	Start	Event Name	Location
09/19/24	3:45pm	MS Cross Country Meet @ Seward Park	Seward Park
09/24/24	3:45pm	MS Cross Country Meet @ Lincoln Park	Lincoln Park Seattle
10/08/24	3:45pm	MS Cross Country Meet @ Upper Woodland	Upper Woodland Park
10/17/24	3:45pm	MS Cross Country Championships @ Seward Park	Seward Park