| Date | Start | Event Name | Location |
|----------------|---------|--|----------------------------|
| Mon 03/20/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 03/21/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 03/22/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Thu 03/23/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 03/27/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 03/28/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 03/29/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 04/10/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 04/11/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 04/12/2023 | 2:30 pm | MVMS Co-Ed Cross Country Jamboree @ John | John Sedgwick Junior High |
| | | Sedgwick MS | |
| Thu 04/13/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Fri 04/14/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 04/17/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 04/18/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 04/19/2023 | 2:30 pm | MVMS Co-Ed Cross Country @ Ridgetop MS | Ridgetop Junior High |
| Thu 04/20/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Fri 04/21/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 04/24/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 04/25/2023 | 4:00 pm | MVMS Co-Ed Cross Country vs KSS/MW/Poulsbo | MV Field Multi-Use 1 |
| | | | MV Track |
| Wed 04/26/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Thu 04/27/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Fri 04/28/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 05/01/2023 | 2:30 pm | MVMS Co-Ed Cross Country @ Hawkins MS | Hawkins Middle School |
| Tue 05/02/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 05/03/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Thu 05/04/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Fri 05/05/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 05/08/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 05/09/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 05/10/2023 | 2:30 pm | MVMS Co-Ed Cross Country @ Marcus Whitman MS | Marcus Whitman Junior High |
| Thu 05/11/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Fri 05/12/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 05/15/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 05/16/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Wed 05/17/2023 | 4:00 pm | MVMS Co-Ed Cross Country vs Hawkins MS/CJH | MV Track |
| | | | MV Field Multi-Use 1 |

| Date | Start | Event Name | Location |
|----------------|---------|--|-----------------------|
| Thu 05/18/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Fri 05/19/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Mon 05/22/2023 | 3:00 pm | MVMS Co-Ed Cross Country Practice | MV Track |
| Tue 05/23/2023 | 2:30 pm | MVMS Co-Ed Cross Country WSMSL Futurist Meet @ Hawkins MS | Hawkins Middle School |
| Wed 05/24/2023 | 2:30 pm | MVMS Co-Ed Cross Country WSMSL Championships @ Gordon Field #1 | Gordon Fields |