

Vine Valley Athletic League  
Cross Country Schedule 2019

First Day of Practice: Monday August 12  
Number of contests allowed: 14 Meets - 2 Scrimmages  
Match Time: JV girls 3:45 p.m., JV boys 4:20 p.m.,  
Var girls 5:00 p.m. Var boys 5:30 p.m.

**Wednesday - October 2**

1st VVAL Center Meet  
Maxwell Park - Sonoma Hosts

**Wednesday - October 16**

2nd VVAL Center Meet  
Alston Park - Napa Hosts

**Wednesday - October 30**

3rd VVAL Center Meet  
Spring Lake Park - Casa Grande Hosts

**Saturday - November 16**

VVAL Championship Meet  
Spring Lake Park - Casa Grande Hosts

NCS/Les Schwab Tires Championships

Final date for competition/NCS Entries Due

November 16

NCS Championships:

November 23

CIF Cross Country Championships:

November 30