

Vine Valley Athletic League Cross Country Schedule 2024

First Day of Practice: August 12, 2024
Number of Scrimmages Allowed: 2
Number of Contests Allowed: 14
Pre-Season Meeting: August 5, 2024 - 7:00 p.m. Site: TBA
All League Determined at Championship Meet

VVAL CENTER MEETS

Wednesday, September 25th

Location: TBA
Hosted by Napa High School
Start time 3:30 pm

Wednesday, October 9th

Location: TBA
Hosted by American Canyon High School
Start time 3:30 pm

Wednesday, October 23rd

Location: TBA
Hosted by Sonoma Valley High School
Start time: 3:30 pm

Saturday, November 9th

VVAL Championship
Location: TBA
Hosted by Vintage High School
Start time: 9:30 am

NCS/Les Schwab Tires Championships

Final date for competition	November 16
NCS Entries Due	November 17
NCS Championships:	November 23
CIF Cross Country Championships:	November 30