# Vine Valley Athletic League Cross Country Schedule 2021

First Day of Practice: August 9, 2021 Sit Out Period Date: October 4, 2021 Number of Scrimmages Allowed: 2 Number of Contests Allowed: 14

Meet Start Time: 3:30 pm Pre-Season Meeting: TBA

All League Meeting: Determined at Championship Meet - TBD

# **VVAL CENTER MEETS**

### Wednesday, September 29th

Location: Maxwell Park Hosted by Sonoma Valley HS Start time 3:30 pm

### Wednesday, October 13th

Location: Alston Park Hosted by Vintage Start time 3:30 pm

### Wednesday, October 27th

Location: Tolay Park Hosted by Casa Grande Start time: 3:30 pm

#### Saturday, November 6th

VVAL Championship Hosted by Justin Siena HS Location: TBA Start time: 9:30 am

NCS/Les Schwab Tires Championships

Final date for competition

NOS Entries Due

November 14

NCS Championships:

November 20

CIF Cross Country Championships:

November 27