

Vine Valley Athletic League Cross Country Schedule 2022

First Day of Practice: August 8, 2022

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 28th

Location: Wetlands Edge Park

Hosted by American Canyon HS

Start time 3:30 pm

Wednesday, October 12th

Location: TBD

Hosted by Petaluma HS

Start time 3:30 pm

Wednesday, October 26th

Location: Maxwell Park

Hosted by Sonoma Valley HS

Start time: 3:30 pm

Saturday, November 5th

VVAL Championship

Hosted by Napa HS

Location: TBA

Start time: 9:30 am

NCS/Les Schwab Tires Championships

Final date for competition

November 12

NCS Entries Due

November 13

NCS Championships:

November 19

CIF Cross Country Championships:

November 26

