

Vine Valley Athletic League
Cross Country Schedule 2018

First Day of Practice: Monday August 13
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 - September 26

1st VVAL Center Meet
Maxwell Park - Sonoma Hosts

Wednesday - October 10

2nd VVAL Center Meet
Spring Lake Park - Casa Grande Hosts

Wednesday - October 24

3rd VVAL Center Meet
Alston Park - Napa Hosts

Saturday - November 10

VVAL Championship Meet
Spring Lake Park - Casa Grande Hosts

NCS/Les Schwab Tires Championships

Final date for competition

November 10

Meet of Champions:

November 17

CIF Cross Country Championships:

November 24