

Vine Valley Athletic League Cross Country Schedule 2025

First Day of Practice:	August 11, 2025
Number of Scrimmages	Allowed: 2
Number of Contests	Allowed: 14
Pre-Season Meeting:	August 4, 2024 -7:00 p.m.; Sonoma Valley
All League Determined at Championship Meet	

VVAL CENTER MEETS

Wednesday, September 24th

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

Wednesday, October 8th

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

Wednesday, October 22nd

Location: TBA
Hosted by Justin Siena
Start time: 3:30 pm

Saturday, November 8th

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

NCS/Les Schwab Tires Championships

Final date for competition

November 15

NCS Entries Due

November 16 (11:59 p.m.)

NCS Championships:

November 22

CIF Cross Country Championships:

November 29