



West High School 2023-2024 Cross Country Schedule

Date	Event	Location	Race Time
8/18	Flame Invitational	Lodi Lake	3:00pm
8/26	Oakmont Invitational	Johnson Springview Park	9:00am
9/6	TCAL League Meet #1	Lodi Lake	3:30pm
9/9	Josh Rush Memorial Invitational	Willow Hills Reservoir Course Folsom	9:00am
9/9	Kim Duyst Invitational	River Oaks Golf Course Ceres	7:30pm
9/16	Bret Hart Frogtown Invitational	Calaveras County Fairgrounds Angels Camp	9:00am
9/27	TCAL League Meet #2	Lodi Lake	3:30pm
9/30	Tom Laythe Cross Country Inv.	Willow Hills Reservoir Course Folsom	9:00am
10/7	ASICS Clovis Invitational	Woodward Park Fresno	7:30am
10/14	Hughson Supercross Invitational	Hughson Country Arena	9:00am
10/25	TCAL League Meet	Lodi Lake	3:30pm
11/4	Subsections	Angels Camp	TBD
11/11	Sections D-1	Willow Hills Reservoir Course Folsom	TBD
11/25	CIF State Championships	Woodward Park Fresno	TBD

Varsity Head Coach TJ Williams

Assistant Coach Tida Hupman

Volunteer Assistant Frank Lozano

Volunteer Assistant David Renshaw

Volunteer Assistant John Morris

Athletic Director Derek Solano

Principal Gary Henderson

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