

**Bay Valley Athletic League
Cross Country
2019**

- First practice: August 12
- Starting times: 3:30 PM
- Maximum number of contests: 14

Wednesday, Sept 11

Heritage @ Liberty
Pittsburg @ Freedom

Wednesday, September 18

Liberty @ Pittsburg
Freedom @ Antioch
Deer Valley @ Heritage

Wednesday, September 25

Antioch @ Pittsburg
Deer Valley @ Liberty
Freedom @ Heritage

Wednesday, October 2

Antioch @ Deer Valley

Oct 7-13 bye week

Wednesday, October 16

Freedom @ Deer Valley
Liberty @ Antioch
Heritage @ Pittsburg

Wednesday, October 23

Pittsburg @ Deer Valley
Liberty @ Freedom
Antioch @ Heritage

Wednesday October 30th. [Reserved for AQI or Heat Index make up of dual meets.]

Wednesday, Nov 6th

BVAL Championships @ Contra Loma EBRPD host Antioch

Race times are as follows.

JV 2 mile girls 11:30 pm
JV 2 mile boys 12:00 noon
JV 3 mile boy/girls mixed 12:30 pm
Var 3 mile girls 1:15 pm
Var 3 mile boys 1:45 pm.
Awards 2:30 pm

Saturday, November 23

NCS Championships @ Hayward HS

Saturday November 30th

CIF Championships @ Woodward Park, Fresno

Approved:

Board of Managers :

XC Coach: Recommended by coaches 11/14/2018