



# BAY VALLEY ATHLETIC LEAGUE CROSS COUNTRY 2022



- First Practice: August 8, 2022
- Final regular season competition date: Nov 12
- Maximum number of contests: 14
- Starting times: 3:30, 4:00, 4:30, 5:00
- Order of races is as follows: JV Girls, JV Boys, Var Girls, Var Boys
- Times, days and locations of matches may not be changed without approval of the principals or designees of the respective schools

## Wednesday, September 28

Heritage @ Freedom  
Pittsburg @ Liberty  
Deer Valley @ Antioch

## Wednesday, October 12

Freedom @ Liberty  
Deer Valley @ Pittsburg  
Heritage @ Antioch

## Wednesday, October 19

Heritage @ Deer Valley  
Antioch @ Liberty  
Freedom @ Pittsburg

## Wednesday, October 26

Pittsburg @ Heritage  
Liberty @ Deer Valley  
Antioch @ Freedom

## Wednesday, November 2

Liberty @ Heritage  
Deer Valley @ Freedom  
Pittsburg @ Antioch

## Wednesday, November 9

BVAL Championships @ Contra Loma  
11:30 - JV Girls 2-mile  
12:00 - JV Boys 2-mile  
12:30 - JV Combined 3-mile  
1:15 - Varsity Girls 3-mile  
1:45 - Varsity Boys 3-mile  
2:30 - Awards Ceremony

## Saturday, November 19

NCS Championships at Hayward HS

## Saturday, November 26

CIF Championships at Woodward Park, Fresno

NCS entries due Sunday, Nov 13

Approved: March 8, 2022