

BAY VALLEY ATHLETIC LEAGUE CROSS COUNTRY 2024

- First Practice: August 12
- Final regular season competition date: Nov 16
- Maximum number of contests: 14
- Starting times: 3:30, 4:00, 4:30, 5:00 (later start time when possible)
- 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 4

HOST: Deer Valley @ Lone Tree - Visiting Schools: Emerald, Heritage, Pittsburg

HOST: Antioch @ Contra Loma - Visiting Schools: Freedom, Liberty

Wednesday, September 25

HOST: Liberty @ Veterans Park - Visiting Schools: Emerald, Deer Valley, Antioch

HOST: Pittsburg @ Stoneman Park - Visiting Schools: Freedom, Heritage

Wednesday, October 16

HOST: Freedom on campus - Visiting Schools: Emerald, Pittsburg, Antioch

HOST: Heritage on campus - Visiting Schools: Deer Valley, Liberty

Wednesday, November 6

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 23

NCS Championships at Hayward HS

Saturday, November 30

CIF Championships at Woodward Park, Fresno

NCS entries due Sunday, Nov 17

Approved: May 21, 2024