

BAY VALLEY ATHLETIC LEAGUE CROSS COUNTRY 2025

- First Practice: August 11
- Final regular season competition date: Nov 15
- 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 10

HOST: Emerald @ TBD - Visiting Schools: Freedom, Heritage, Pittsburg

HOST: Deer Valley @ Lone Tree - Visiting Schools: Antioch, Liberty

Wednesday, September 24

HOST: Antioch @ Contra Loma - Visiting Schools: Emerald, Deer Valley, Heritage

HOST: Liberty @ Veterans Park - Visiting Schools: Freedom, Pittsburg

Wednesday, October 15

HOST: Pittsburg @ Stoneman Trail - Visiting Schools: Antioch, Emerald, Liberty

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

Wednesday, November 5

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 22

NCS Championships at Hayward HS

Saturday, November 29

CIF Championships at Woodward Park, Fresno

NCS entries due Sunday, Nov 16

Approved: 12/4/24