

Bay Valley Athletic League Cross Country 2026

- **First practice: August 10th**
- **Maximum number of contests: 14**

Wednesday, Sept 2 *Start time 4:00 pm*

Freedom [host] on Campus - Liberty, Freedom, Heritage
Pittsburg [host] at Stoneman Park - Emerald, Deer Valley, Pittsburg, Antioch

Wednesday, Sept 9 *Start time 4:00 pm*

Heritage [host] on Campus - Pittsburg, Heritage, Liberty
Antioch [host] location TBD - Freedom, Deer Valley, Antioch, Emerald

Wednesday, September 16

Wednesday, September 23 *Start time 3:00 pm*

Liberty [host] at TBD Antioch, Pittsburg, Liberty
Deer Valley [host] TBD Deer Valley, Heritage, Emerald, Freedom

Sept 28- Oct 10

LUHSD Break

Wednesday, October 14 *Start time 3:30 pm*

Emerald [host] on Campus - Antioch, Liberty, Emerald, Freedom
Deer Valley [host] at Stoneman Park - Heritage, , Pittsburg, Deer Valley

Wednesday, October 21

Mt Sac week

Wednesday, October 28

Wednesday, Nov 4th

BVAL Championships @ Contra Loma EBRPD host Deer Valley

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 21

Entries due Nov 14th

NCS Championships

Saturday November 28th

State Championships