



2024 CVAL CROSS COUNTRY

Fall practice starts 8/01/2024

Day	Date	Meet	Location	Time	Host
Thurs	9/5/2024	Sanger , El Cap, MLK, Selma, Dinuba, Kerman	Avocado Lake	2:00	Sanger
		Rio Vista, Desmond, Glacier, Reedley, TJ			
Thurs	9/12/2024	TJ , Desmond, MLK, El Cap, Reedley, Selma	TJ	3:30	TJ
		Kerman, Rio, Sanger , Glacier, Dinuba	Avocado Lake	3:30	Sanger
Thurs	9/19/2024	Glacier , , Desmond, El Cap, Reedley, MLK	Glacier Point	3:30	GP
		Rio Vista , Dinuba,TJ, Sanger, Kerman, Selma	Rio Vista	3:30	Rio Vista
Thurs	9/26/2024	Selma , Desmond, El Cap, Dinuba, Glacier, Reedley	Lincoln	3:30	Lincoln
		Kerman , Rio Vista, Sanger, TJ, MLK	Lions Park	3:30	Kerman
Thurs	10/3/2024	MLK , Desmond, Sanger, Kerman, Glacier	MLK	3:30	MLK
		El Cap , Rio Vista, TJ, Selma, Reedley, Dinuba	El Capitan	3:30	El Cap
Thurs	10/10/2024	Reedley , TJ, Rio Vista, MLK, Dinuba, Desmond	Reedley College	3:30	Reedley
		Sanger , Selma, Glacier, Kerman, El Capitan	Avocado Lake	3:30	Sanger
Thurs	10/17/2024	Desmond , El Cap, Glacier, Dinuba, Rio Vista	Desmond	3:30	Desmond
		Sanger , MLK, Reedley, TJ, Kerman, Selma, MLK	Avocado Lake	3:30	Sanger
Thurs	10/24/2024	CVAL Championships	Woodward Park	2:00	Lincoln

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