



West High School 2022-2023 Cross Country Schedule

Date	Event	Location	Race Time
9/1	Jaguar Invitational	Eagal Lakes	3:00pm
9/7	TCAL Center Meet #1	Lodi Lake	TBD
9/17	Bret Harte Frogtown Invitational 2022	Calaveras County Fairgrounds	9:00am
9/28	TCAL Meet #2	Oak Grove Park	TBD
10/8	Asics Clovis Invitational	Woodward Park	TBD
10/15	Hughson SuperCross Invitational	Hughson	8:30am
10/26	TCAL League Meet	Lodi Lake	TBD
11/5	Sac-Joaquin Sub Section	Frogtown	TBD
11/12	Sac-Joaquin Section XC Championships	Willow Hills Reservoir	TBD
11/26	CIF State XC Championships	Woodward Park	TBD

Varsity Head Coach	TJ Williams	Athletic Director	Stuart Hashimoto
VAR Assistant Coach	Tida Hupman	Principal	Annabelle Lee
VAR Volunteer Coach	Phil Williams	School Address	1775 W Lowell Ave
VAR Volunteer Coach	David Renshaw		Tracy, CA 95376
VAR Volunteer Coach	Frank Lozano		