

# **CCLA CROSS COUNTRY SCHEDULE 2024**

<b>Date</b>	<b>Opponent</b>	<b>Home/ Away And Location</b>	<b>Start Time</b>
Wednesday September 11th	Rincon	Away Rincon Community Park	3:30 PM
Wednesday September 18th	Slater	Away Spring Lake	3:30 PM
Wednesday September 25th	Sonoma County Meet	Away Spring Lake	4:00 PM
Wednesday October 2nd	ANOVA (TENTATIVE)	Away Luther Burbank Center for the Arts	9:00 AM
Wednesday October 9th	Comstock	Home CCLA	3:30 PM
Wednesday October 16th	Santa Rosa	Home CCLA	3:30 PM
Tuesday October 22nd	League Finals	Away Spring Lake	2:30 PM



***\*\*\*All practices will be after school Mon, Tues, Thurs, Fri until 3:15 - 4:15, with occasional practice Wednesdays, depending on the coach's running, rest and recovery plan.***

***Practice will take place on the track with some OPTIONAL Saturday runs.***