



**Weston Ranch High School**  
**Cougar Athletic Department**

**Mike Hale**  
Athletic Director

**Lauren Washington**  
Athletics Secretary

**Cross Country**  
**2025**

<u>Date</u>	<u>Time</u>	<u>Level</u>	<u>Opponent</u>	<u>Location</u>
Sat 8/30	8:00 am	ALL	Lagoon Valley Classic	Vacaville
<b>Thurs 9/18</b>	<b>4:00 pm</b>	<b>ALL</b>	<b>Stagg</b>	<b>HOME</b>
Sat 9/20	8:00 am	ALL	Frogtown Invitational	Angels Camp
Thurs 9/25	4:00 pm	ALL	Edison/Tokay	Edison HS
Thurs 10/2	4:00 pm	ALL	Bear Creek/Franklin	Franklin HS
<b>Thurs 10/16</b>	<b>4:00 pm</b>	<b>ALL</b>	<b>Chavez/McNair</b>	<b>HOME</b>
Sat 10/18	8:00 am	ALL	Hughson Supercross	Hughson HS
Wed 10/29	1:30 pm	ALL	SJAA League Champ	Lodi Lake
Sat 11/8	10:00 am	ALL	Sub Sections	Angels Camp
Sat 11/15	8:00 am	ALL	SJS XC Sections	Willow Hills
Sat 11/29	8:00 am	ALL	State Meet	Woodward Park

**Head Coach: Ricardo Cuevas, Paul Whitaker**

**COUGARS RISING**

**WRHS**