El Capitan Middle School
Cross Country Schedule 2026

Date	Opponent	Location	Time
September 3rd, 2026	CVAL	Avocado Lake (Sanger)	2:00
September 10th, 2026	CVAL	TJ	3:30
September 17th, 2026	CVAL	Glacier Point	3:00
September 24th, 2026	CVAL	Lincoln	3:30
October 1st, 2026	CVAL	El Capitan	3:30
October 8th, 2026	CVAL	Avocado Lake (Sanger)	3:30
October 15th, 2026	CVAL	Desmond	3:30
October 22rd, 2026	CVAL (Championships)	Woodward Park	10:00