

Boys & Girls Cross Country

2026

Earliest Date for Practice:	July 31, 2026
Earliest Date for Contest:	August 10, 2026
Last Date for Non-Playoff Contest:	November 7, 2026
Grossmont Conference Finals:	November 7, 2026
CIF – San Diego Section Championships:	November 14, 2026
CIF-State Championships:	November 28, 2026

Starting Time: 4:00 P.M.

<u>Grossmont Hills</u>	<u>Grossmont Valley</u>
El Capitan	El Cajon Valley
Grossmont	Granite Hills
Helix	Monte Vista
Santana	Mount Miguel
West Hills	Steele Canyon
	Valhalla

League	Day	Date	Cluster #1	Site
Grossmont Hills	Friday	Sep. 4		Lindo Lake Park
Grossmont Valley	Friday	Sep. 4		Lindo Lake Park

League	Day	Date	Cluster #2	Site
Grossmont Hills	Friday	Sep. 25		Valhalla
Grossmont Valley	Friday	Sep. 25		Valhalla

Saturday October 3 Mt Carmel Invitational San Diego, CA

League	Day	Date	Cluster #3	Site
Grossmont Hills	Wednesday	Oct. 16		West Hills
Grossmont Valley	Wednesday	Oct. 16		West Hills

Friday & Saturday October 23 & 24 Mt. SAC invite Walnut, CA