



CALIFORNIA CROSS COUNTRY

Cal High Cross-Country Schedule

Athletic Clearance: All athletes must be registered and cleared on Athletic Clearance to participate - no exceptions. Please be sure to check physical expiration dates, and registration **prior to the start of practices on August 11th**. Link to Athletic Clearance can be found on the [Cal High Athletics Website](#). **The last day to join cross-country is August 18th.**

Practice Times: We practice six days a week. See team handbook for attendance policy.

- **Monday, Tuesday, Thursday:** after school 4:00 - 6:00 pm at Cal High Track.
- **Wednesday:** after school: 2:30 - 4:30pm at Cal High Track.
- **Friday** (New Morning Practice!): before school 6:00am - 7:30am at Cal High Track
- **Saturday** (non meet days): 8:00 - 10:00am at Sycamore Valley Park-and-Ride in Danville (link to location [HERE](#))

2025 Cross-Country Meet Schedule

Sat. Aug 30th - Scrimmage vs. AV, DV, DLS @ Cal High - 7:00am

Sat. Sept. 6th - [Saint Mary's Invitational](#), Saint Mary's College, Moraga - 7:00am

Sat. Sept. 20th - [De La Salle Nike Invitational](#), Newhall Park, Concord - 7:30am

Sat. Sept. 27th - [Scott Bauhs Invitational](#), Shadow Cliffs Park, Pleasanton - 7:00am

Sat. Oct. 4th - [Wildcat Invitational](#), Dougherty Valley HS, San Ramon - 7:30am

Sat. Oct. 11th - [Clovis Invite](#), Woodward Park, Fresno - 6:00am **V**

Sat. Oct. 25th - [Haystack Tune-Up](#), Hayward High School, Hayward - 7:00am

Sat. Nov. 8th - EBAL Championships, Newhall Park, Concord, CA - **9am Start Time**
SAT Testing Date - Pick Different Testing Date

Sat. Nov. 22nd - NCS Championships, Hayward High School, Hayward - **Time TBA - Q**

Sat. Nov. 29th - CIF State Championships, Woodward Park, Fresno - **Time TBA - Q**

V = Varsity Athletes Only

Q = Qualified Athletes Only

Coaches:

Nick Shea: nshea@srvusd.net

Chris Coats: ccoats@srvusd.net

Carrie Chavez: cchavez@srvusd.net

Steve Chavez: schavez@srvusd.net

Brian Henderson: bhenderson2@srvusd.net

Team Parent:

Laurie Aldape: calhighxcteamparent@gmail.com
