

WEST VALLEY HIGH SCHOOL
 3805 HAPPY VALLEY RD.
 COTTONWOOD, CA 96022
<http://www.westvalleytrack.net>

2019 CROSS COUNTRY SCHEDULE

DAY	DATE	OPPONENT	PLACE	TIME
Tuesday	August 27	Watermelon Relays	Shasta College	4:00
Friday	August 30	Bill Springhorn Invite	Shasta College	10:40
Friday	September 6	Las Plumas Invite	Oroville	12:00
Wednesday	September 18	NAL Preseason Meet	Central Valley	3:30
Friday	October 4	WV Coed Invitational	West Valley	3:30
Wednesday	October 16	Lassen/Anderson/Yreka	West Valley	3:30
Saturday	October 19	Monterey Bay Invite	Salinas	9:00
Wednesday	October 30	Anderson/Central Valley	UPrep	3:30
Thursday	November 7	NAL Championships	Central Valley	2:00
Thursday	November 14	NSCIF Finals	West Valley	2:00
Saturday	November 30	State CIF Champs	Fresno	TBA

Principal:
Athletic Director:
Coaches:
Colors/Mascot:

Emmett Koerperich
 James O'Brien
 Erin Sprague, Scott Fairley, Bill Elliott
 Cardinal-Gold/Eagles

6/03/19