

**SIERRA DELTA LEAGUE
2024-2025 CROSS COUNTRY 2024-2025
(September 18, 2024)**

<u>DAY</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>TIME</u>
JULY 1-14 Dead Period No Contact July 15-August 4 Limited Period				
MON	8/5/2024	Practice Begins		
TH	8/8/2024	Fall/Winter Coaches Meeting	SAN JUAN	6:00
FRI	8/16/2024	First Scrimmage		
FRI	8/23/2024	First Contest		
SAT	9/28/2024	Sit Out Period		
SAT	11/2/2024	Last Contest		
WED	9/25/2024	Center Meet #1	Collins Lake Host Lindhurst	3:30
WED	10/9/2024	Center Meet #2	Golden Sierra Host Golden Sierra	3:30
WED	10/23/2024	League Meet	Pena Adobe Host All League Schools	1:30
SAT	11/9/2024	Subsection	Angel's Camp	TBD
SAT	11/16/2024	Section	Willow Hill, Folsom	TBD
SAT	11/30/2024	State	Woodward Park	TBD

VARSAITY

Golden Sierra
Highlands
Lindhurst
Mesa Verde
Rio Vista
San Juan
Vacaville Christian
Woodland Christian

JUNIOR VARSITY