

Fall 2023 PCAL CROSS COUNTRY SCHEDULE

Final. Approved by BOM. Change date one and Location of other Center Meet #3

Fall Coaches Meeting: Monday, August 7, 2023 at 7:00 PM (Palma)

PCAL REGIONAL JAMBOREES (Participation voluntary)

Salinas City
Monterey Peninsula @ York
South County@ San Lorenzo Park
NMC and Santa Cruz County

CENTER MEET 1

Weds Sept 13 (3:30 PM)

Cypress and Santa Lucia

Hosted by Mar/Sea/Mon at Palo Corona

Thurs Sept 14 (3:30 PM)

Gabilan and Mission

Hosted by Carmel at Palo Corona

CENTER MEET 2

Weds Sept 27 (3:30 PM)

Cypress and Santa Lucia

Hosted by North Salinas at Toro Park

Thurs Sept 28 (3:30 PM)

Gabilan and Mission

Hosted by Salinas at Toro Park

CENTER MEET 3

Thurs Oct 12 (3:30 PM)

Cypress and Santa Lucia

Hosted by SFSCP/CEI/PCS at Pinto Lake

Thurs Oct 12 (3:30 PM)

Gabilan and Mission

Hosted by Alisal/EA at North Monterey County HS

PCAL CHAMPIONSHIPS (All divisions):

Sat, Oct 28 at Palo Corona

Saturday November 4, 2023

Last League Event

Monday November 6, 2023 (12:00 Noon)

CCS-Entries Due

Saturday November 11, 2023

CCS Championships

Saturday November 25, 2023

State Championships

Contest Limit:

13 meets excluding PCAL Championships

Starting Dates:

Dead Period All Sports: No Contact Jul 24 thru Jul 30, 2023. Ltd Contact Jul 31 thru Aug 3

Practice - Fri August 4, 2023

Scrimmages: Fri August 18, 2023

Contests: Thurs August 24, 2023

League Coach Reps:

Gabilan: TBD
Mission: TBD
Cypress: TBD
Santa Lucia: TBD

AD Reps:

Gabilan: TBD
Mission: TBD
Cypress: TBD
Santa Lucia: TBD

Schools by Divisions:

Gabilan Boys (5): AI, KC, Car, NMC, Sal
Gabilan Girls (5): Car, Ali, Holl, NMC, RSJ
Mission Boys (8): Wat, Holl, Gre, MVC, Ste, RSJ, EA, Sol
Mission Girls (8): Wat, Gre, Sal, EA, Sol, KC, Ste, MVC
Cypress Boys (6): PG, Gon, Mar, Kir, Mon, NS
Cypress Girls (19): PG, Gon, Mar, Kir, Mon, NS, SC, ND, PCS, Sea, Trin, Yor, Anz, CEI, Kir, Oak, PacPt, PV, SFSCP
Santa Lucia Boys (12): Pal, Sea, Trin, Yor, PCS, Anz, CEI, Kir, Oak, PacPt, PV, SFSCP
No Santa Lucia Girls Division