

Fall 2024 PCAL CROSS COUNTRY SCHEDULE

BOM Approved March 2024

Fall Coaches Meeting: Monday, August 5, 2024 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

****Pending final approval by Palo Corona folks**

Weds Sept 18 (3:30 PM)

Cypress and Santa Lucia

Hosted by _____ at Palo Corona**

Thurs Sept 19 (3:30 PM)

Gabilan and Mission

Hosted by _____ at Palo Corona**

CENTER MEET 2

Weds Oct 2 (3:30 PM)

Cypress and Santa Lucia

Hosted by _____ at Toro Park

Thurs Oct 3 (3:30 PM)

Gabilan and Mission

Hosted by _____ at Toro Park

CENTER MEET 3

Weds or Thurs Oct 16 or 17 (3:30 PM)

Cypress and Santa Lucia

Hosted by _____ at _____

Weds or Thurs Oct 16 or 17 (3:30 PM)

Gabilan and Mission

Hosted by _____ at _____

PCAL CHAMPIONSHIPS (All divisions):

Sat, Nov 2 at Palo Corona**

Saturday November 9, 2024

Last League Event

Monday November 1, 2024 (12:00 Noon)

CCS-Entries Due

Saturday November 16, 2024

CCS Championships

Saturday November 30, 2024

State Championships

Contest Limit:

13 meets excluding PCAL Championships

Starting Dates:

Dead Period All Sports: No Contact Jul 29 thru Aug 4, 2024. Ltd Contact Aug 5 thru Aug 8

Practice - Fri August 9, 2024

Scrimmages: Fri August 23, 2024

Contests: Thurs August 29, 2024

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): MVC, KC, Ali, Mar, Holl

Gabilan Girls (5): Car, Ali, NMC, Holl, KC, RSJ

Mission Boys (10): Ste, Green, Car, Gonz, Wat (next 5 teams) + NMC, RSJ, Sal, EA, Mont

Mission Girls (9): Wat, Sal, EA, Mont (next 4 teams) + MVC, Mar, Ste, Green, Gonz

Cypress Boys (6): PG, PCS, Sol, Oak, Kirb, Anz

Cypress Girls (18): Anz, Sol, SCat + PG, PCS, Oak, Kir, York, NS, St. F, Sea, PV, Ceib, ND, Pal, PP, Trin, MBA

Santa Lucia Boys (10): York, NS, St. F + Sea, PV, Ceb, Pal, PP, Trin, MBA