

**GOLDEN EMPIRE LEAGUE
2024-2025 CROSS COUNTRY 2024-2025
(August 6, 2024)**

<u>DAY</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>TIME</u>
MON	JULY 1-14	DEAD PERIOD NO CONTACT; JULY 15-AUG 4 LIMITED PERIOD		
MON	8/5/2024	Practice Begins		
WED	8/7/2024	Fall/Winter Coaches Meeting	DIXON	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	Dixon	3:30
WED	10/9/2024	Center Meet #2	Rio Linda	3:30
WED	10/23/2024	League Meet	Sutter	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

VARSDITY

Casa Roble
Destiny Christian
Dixon
El Camino
Natomas
Rio Linda
Sutter
Woodland

JUNIOR VARSITY