

# SCCAL 2025-26 Cross Country (7 teams)

FALL SPORT

Start times: 4:30 - Girls followed by Boys

<b>Thursday, Sept. 11</b> SLV @ Aptos Santa Cruz & Mt. Madonna @ Harbor Scotts Valley @ Soquel	<b>Saturday, Nov. 15</b> CCS Championships @ TBA	
<b>Thursday, Sept. 25</b> Aptos @ Soquel Harbor & Mt. Madonna @ SLV Santa Cruz @ Scotts Valley		
<b>Thursday, Oct. 9</b> Aptos @ Santa Cruz Soquel & Mt. Madonna @ Harbor Scotts Valley @ SLV		
<b>Thursday, Oct. 23</b> SLV & Soquel @ Santa Cruz Scotts Valley, Harbor & Mt. Madonna @ Aptos		
<b>Thursday, Nov. 6</b> SCCAL Meet @ Pinto Lake JV G - 2:00 JV B - 2:30 FS B - 3:00 V G - 3:30 V B - 4:00		<b>CCS max contest = 13</b> *individual & team

## Important Dates:

8/4-8/7 M-Th - CCS Limited Dead Week  
 8/8 F - 1st day of practice  
 8/22 F - 1st scrimmages allowed  
 8/28 Th - 1st contests allowed  
 11/8 S - End of regular season  
 11/10 M - CCS entries due, 12:00 noon

## Home Courses

Aptos - Pinto Lake  
 Harbor - TBA  
 Mt. Madonna - N/A  
 SLV - SLV HS  
 Santa Cruz - UCSC  
 Scotts Valley - SVHS  
 Soquel - Soquel HS

Pre-Season Coaches' Mtg.?  
 Post-Season Coaches' Mtg.?

League Rep - Dan Gruber - Aptos