

**April 20, 2022**

**2022 TCAL Cross Country Schedule**

September 7,2022	TCAL #1	TBD
September 28,2022	TCAL #2	OAK GROVE
October 26,2022	TCAL League Meet	Lodi Lake
November 5,2022	Sub Section	ANGELS CAMP
November 12,2022	Section	WILLOW HILL, FOLSOM
November 26,2022	State	WOODWARD PARK

DATE	LINCOLN	LODI	ST. MARY'S	TOKAY	TRACY	WEST
<b>TUESDAY</b> 9/13/22	TRACY	ST. MARY'S	at LODI	at WEST	at LINCOLN	TOKAY
<b>THURSDAY</b> 9/15/22	at LODI	LINCOLN	WEST	at TRACY	TOKAY	at ST. MARY'S
<b>WEDNESDAY</b> 9/21/22	at TOKAY	at WEST	TRACY	LINCOLN	at ST. MARY'S	LODI
<b>TUESDAY</b> 9/27/22	WEST	at TRACY	at TOKAY	ST. MARY'S	LODI	at LINCOLN
<b>THURSDAY</b> 9/29/22	at ST MARY'S	TOKAY	LINCOLN	at LODI	at WEST	TRACY
<b>WEDNESDAY</b> 10/5/22	at TRACY	at ST. MARY'S	LODI	WEST	LINCOLN	at TOKAY
<b>TUESDAY</b> 10/11/22	LODI	at LINCOLN	at WEST	TRACY	at TOKAY	ST. MARY'S
<b>THURSDAY</b> 10/13/22	TOKAY	WEST	at TRACY	at LINCOLN	SM	at LODI
<b>WEDNESDAY</b> 10/19/22	at WEST	TRACY	TOKAY	at ST. MARY'S	at LODI	LINCOLN
<b>TUESDAY</b> 10/25/22	ST MARY'S	at TOKAY	at LINCOLN	LODI	WEST	at TRACY
<p>Practice Begins August 15, 2022                      1st Scrimmage August 20, 2022                      1st Contest August 26, 2022                      Sit Out Period September 22, 2022                      LAST CONTEST October 26, 2022</p>						

<b>DATE</b>	<b>LINCOLN</b>	<b>LODI</b>	<b>ST. MARY'S</b>	<b>TOKAY</b>	<b>TRACY</b>	<b>WEST</b>
<b>MONDAY 9/19/22</b>	TRACY	SM	at LODI	at WEST	at LINCOLN	TOKAY
<b>WEDNESDAY 9/21/22</b>	at LODI	LINCOLN	WEST	at TRACY	TOKAY	at SM
<b>MONDAY 9/26/22</b>	at TOKAY	at WEST	TRACY	LINCOLN	at SM	LODI
<b>WEDNESDAY 9/28/22</b>	WEST	at TRACY	at TOKAY	SM	LODI	at LINCOLN
<b>MONDAY 10/3/22</b>	at SM	TOKAY	LINCOLN	at LODI	at WEST	TRACY
<b>WEDNESDAY 10/5/22</b>	at TRACY	at SM	LODI	WEST	LINCOLN	at TOKAY
<b>MONDAY 10/10/22</b>	LODI	at LINCOLN	AT WEST	TRACY	at TOKAY	SM
<b>WEDNESDAY 10/12/22</b>	TOKAY	WEST	at TRACY	at LINCOLN	SM	at LODI
<b>MONDAY 10/17/22</b>	at WEST	TRACY	TOKAY	at SM	at LODI	LINCOLN
<b>WEDNESDAY 10/19/22</b>	SM	at TOKAY	at LINCOLN	LODI	WEST	at TRACY
<p>Practice Starts August 1, 2022                      1st Scrimmage Date August 12, 2022                      1st Contest Date August 19, 2022                      Sit-Out Period Date September 20, 2022                      Last Contest Date October 20, 2022</p>						

DATE	LINCOLN	LODI	ST. MARY'S	TOKAY	TRACY	WEST
<b>Thursday 8/25/2022</b>	BYE	BYE	WEST	BYE	BYE	at ST. MARY'S
<b>Thursday 9/29/2022</b>	TRACY	ST MARY'S	at LODI	at WEST	at LINCOLN	TOKAY
<b>Thursday 10/6/2022</b>	at LODI	LINCOLN	BYE	at TRACY	TOKAY	BYE
<b>Thursday 10/13/2022</b>	at TOKAY	at WEST	TRACY	LINCOLN	at ST MARYS	LODI
<b>Thursday 10/20/2022</b>	WEST	at TRACY	at TOKAY	ST MARYS	LODI	at LINCOLN
<b>Thursday 10/27/2022</b>	at ST MARYS	TOKAY	LINCOLN	at LODI	at WEST	TRACY

July 4, 2022

Preseason dead period begins

July 25, 2022

Practice Begins

August 12, 2022

First Scrimmage

August 19, 2022

First Contest

September 22, 2022

Sit-Out Period

October 29, 2022

Last Contest

DATE	LINCOLN	LODI	ST. MARY'S	TOKAY	TRACY	WEST
<b>Friday 8/26/2022</b>	BYE	BYE	WEST	BYE	BYE	at ST. MARY'S
<b>Friday. 9/30/2022</b>	TRACY	ST MARY'S	at LODI	at WEST	at LINCOLN	TOKAY
<b>Friday 10/7/2022</b>	at LODI	LINCOLN	<b>BYE</b>	at TRACY	TOKAY	BYE
<b>Friday 10/14/2022</b>	at TOKAY	at WEST	TRACY	LINCOLN	at ST MARYS	LODI
<b>Friday 10/21/2022</b>	WEST	at TRACY	at TOKAY	ST MARYS	LODI	at LINCOLN
<b>Friday 10/28/2022</b>	at ST MARYS	TOKAY	LINCOLN	at LODI	at WEST	TRACY

July 4, 2022	Preseason dead period begins
July 25, 2022	Practice Begins
August 12, 2022	First Scrimmage
August 19, 2022	First Contest
September 22, 2022	Sit-Out Period
October 29, 2022	Last Contest

DATE	LINCOLN	LODI	ST. MARY'S	TOKAY	TRACY	WEST
TUESDAY 9/13/22	TRACY	ST. MARY'S	at LODI	at WEST	at LINCOLN	TOKAY
THURSDAY 9/15/22	at LODI	LINCOLN	WEST	at TRACY	TOKAY	at ST. MARY'S
TUESDAY 9/20/22	at TOKAY	at WEST	TRACY	LINCOLN	at ST. MARY'S	LODI
THURSDAY 9/22/22	WEST	at TRACY	at TOKAY	ST. MARY'S	LODI	at LINCOLN
TUESDAY 9/27/22	at ST. MARY'S	TOKAY	LINCOLN	at LODI	at WEST	TRACY
THURSDAY 9/29/22	at TRACY	at ST. MARY'S	LODI	WEST	LINCOLN	at TOKAY
TUESDAY 10/4/22	LODI	at LINCOLN	at WEST	TRACY	at TOKAY	ST. MARY'S
THURSDAY 10/6/22	TOKAY	WEST	at TRACY	at LINCOLN	ST. MARY'S	at LODI
TUESDAY 10/11/22	at WEST	TRACY	TOKAY	at ST. MARY'S	at LODI	LINCOLN
THURSDAY 10/13/22	ST. MARY'S	at TOKAY	at LINCOLN	LODI	WEST	at TRACY
	Practice Begins		August 1, 2022			
	1st Scrimmage		August 12, 2022			
	1st Contest		August 19, 2022			
	Sit Out Period		September 19, 2022			
	TCAL Tournament		October 17, 2022			
	LAST CONTEST		October 19, 2022			

DATE	LINCOLN	LODI	ST. MARY'S	TOKAY	TRACY	WEST
TUESDAY 9/13/22	TRACY	ST. MARY'S	at LODI	at WEST	at LINCOLN	TOKAY
THURSDAY 9/15/22	at LODI	LINCOLN	WEST	at TRACY	TOKAY	at ST. MARY'S
TUESDAY 9/20/22	at TOKAY	at WEST	TRACY	LINCOLN	at ST. MARY'S	LODI
THURSDAY 9/22/22	WEST	at TRACY	at TOKAY	ST. MARY'S	LODI	at LINCOLN
TUESDAY 9/27/22	at ST. MARY'S	TOKAY	LINCOLN	at LODI	at WEST	TRACY
THURSDAY 9/29/22	at TRACY	at ST. MARY'S	LODI	WEST	LINCOLN	at TOKAY
TUESDAY 10/4/22	LODI	at LINCOLN	at WEST	TRACY	at TOKAY	ST. MARY'S
THURSDAY 10/6/22	TOKAY	WEST	at TRACY	at LINCOLN	ST. MARY'S	at LODI
TUESDAY 10/11/22	at WEST	TRACY	TOKAY	at ST. MARY'S	at LODI	LINCOLN
THURSDAY 10/13/22	ST. MARY'S	at TOKAY	at LINCOLN	LODI	WEST	at TRACY
	Practice Begins		August 1, 2022			
	1st Scrimmage		August 12, 2022			
	1st Contest		August 19, 2022			
	Sit Out Period		September 23, 2022			
	TCAL Tournament		October 19 - 21, 2022			
	LAST CONTEST		October 27/28, 2022			