

Metropolitan League Cross-Country Schedule 2019-2020

**Center Meet #1
Laguna**

Wednesday, October 2

@ North

Championship Meet

Wednesday, October 30

@ North Laguna

Start Time: 3:30 PM

Order of Events: F/S Girls; F/S Boys; Varsity Girls; Varsity Boys

Dead Period begins:	July 15
Practice Begins:	August 5
First Scrimmage:	August 16
First Contest Date:	August 23
Last Contest Date:	November 2
Subsection Meet:	November 9 @ Angels Camp
Section Meet:	November 16 @ Willow Hill
State Meet:	November 30 @ Woodward Park
Athletic Director:	Jamie King (RCHS)
Adopted:	January 28, 2019
Modified:	August 2, 2019