

GOLDEN EMPIRE LEAGUE 2023-2024 CROSS COUNTRY 2023-2024 (December 16, 2022)

<u>DAY</u>	<u>DATE</u>	<u>MEET</u>	<u>SITE</u>	<u>TIME</u>
MON	7/10/2023	Dead Period Begins		
MON	7/31/2023	Practice Begins		
WED	8/9/2023	Fall/Winter Coaches Meeting	DIXON	6:00
FRI	8/11/2023	First Scrimmage		
FRI	8/18/2023	First Contest		
FRI	9/22/2023	Sit Out Period		
SAT	10/28/2023	Last Contest		
WED	9/27/2023	Center Meet #1	Dixon High School	3:30
			Dixon Host	
WED	10/11/2023	Center Meet #2	TBA	3:30
WED	10/25/2023	League Meet	TBA	1:30
SAT	11/4/2023	Subsection	Angel's Camp	TBD
SAT	11/11/2023	Section	Willow Hill, Folsom	TBD
SAT	11/25/2023	State	Woodward Park	TBD
SUN	11/26/2023	END OF SEASON DEAD PERIOD		

Varsity

Casa Roble
Dixon
Mesa Verde
Mira Loma
Rio Linda
Pioneer
Woodland

Junior Varsity