

**GOLDEN EMPIRE LEAGUE
2025-2026 CROSS COUNTRY 2025-2026
(August 4, 2025)**

<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 3 LIMITED PERIOD		
MON	8/4/2025	Practice Begins		
WED	8/6/2025	Fall/Winter Coaches Meeting	DIXON	6:00
FRI	8/15/2025	First Scrimmage		
FRI	8/22/2025	First Contest		
SAT	9/27/2025	Sit Out Period		
SAT	11/1/2025	Last Contest		
WED	9/24/2025	Center Meet #1	Dixon	3:30
WED	10/8/2025	Center Meet #2	Sutter	3:30
WED	10/22/2025	League Meet	Sutter	1:30
SAT	11/8/2025	Subsection	Angel's Camp	TBD
SAT	11/15/2025	Section	Willow Hill, Folsom	TBD
SAT	11/29/2025	State	Woodward Park	TBD

VARSDITY

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

JUNIOR VARSITY