



MEL  
**Cross Country**  
 2025-26

PURSUING  
 VICTORY WITH HONOR

Day	Date	Venue	Vanden	River City	Rodriguez	Pioneer	Vacaville	Wood
Wed	9/24	Lagoon Valley				host	host	host
Wed	10/1							
Wed	10/8	Rush Ranch	host	host	host			
Wed	10/15							

Wed	10/22	Lagoon Valley	<b>MEL Championships</b>					
Sat	11/8	Angels Camp	<b>Subsections</b>					
Sat	11/15	Willow Hill (Folsom)	<b>Sections</b>					
Sat	11/29	Woodward Park (Fresno)	<b>State</b>					

*MEL meet start times at 3:30, but can be moved if athlete safety is in question*

- DEAD PERIOD – July 1 -14
- PRACTICE BEGINS – August 4
- FIRST SCRIMMAGE – August 15
- FIRST CONTEST – August 22
- SIT OUT PERIOD – September 27
- LAST CONTEST – November 1