

**CAPITAL VALLEY CONFERENCE**  
**CROSS COUNTRY SCHEDULE**  
2025-26

**GAME TIME: 4:00**

**Last Revised: Aug 7, 2024**

**THURS, SEPT 18**

Center Meet at Phoenix Park

**THURS, OCT 23**

League Meet at Phoenix Park

**IMPORTANT DATES**

**NO CONTACT DEAD PERIOD**

**July 1 - July 14**

**FIRST PRACTICE**

**August 4**

**FIRST SCRIMMAGE**

**August 15**

**FIRST CONTEST**

**August 22**

**LAST CONTEST**

**November 1**