

**CCAL Cross Country Schedule 2023**  
**Practice start Monday, Aug 7th**  
**CCAL Championship Friday Sept 29th**

<b>Date</b>	<b>Location</b>	<b>Time</b>
Thursday Aug 24th	Peyton	4:30pm
Friday Sept 1st	Monument Academy East	4:00pm
Friday Sept 8th	Monument Valley Park	4:30pm
Friday Sept 15th	Banning Lewis	4:15pm
Friday Sept 22nd	Vanguard HS	4:00pm
Friday Sept 29th	Fox Run Park (CCAL Championship)	4:00pm
Wednesday Oct 4th	CSS	4:15pm