

Cross Country

PAL Championship Schedule of Events

PAL #1 - Tuesday September 17, 2019 @ Half Moon Bay @ 4:00

PAL #2 - Wednesday - October 15, 2019 @ Bedwell Park

Race #1	Varsity Boys	4:00
Race #2	Varsity Girls	4:20
Race #3	Frosh/Soph Boys	4:45
Race #4	Open Girls	5:10
Race #5	Open Boys	5:40

PAL #3 - Tuesday - October 29, 2019 @ Crystal Springs @ 4:00

Race #1	Varsity Boys	4:00
Race #2	Varsity Girls	4:20
Race #3	Frosh/Soph Boys	4:45
Race #4	Open Girls	5:10
Race #5	Open Boys	5:40

PAL Championships - Saturday - November 9, 2019 @ Crystal Springs @ 10:00

Race #1	Frosh/Soph Girls	10:00
Race #2	Frosh/Soph Boys	10:30
Race #3	Open Girls	11:00
Race #4	Open Boys	11:30
Race #5	Varsity Girls	12:00
Race #6	Varsity Boys	12:30