

Peninsula Athletic League Cross Country 2023

Aragon.Burlingame.Capuchino.Carlmont.El Camino.Half Moon Bay.Hillsdale.Jefferson.Menlo Atherton.Mills.Oceana.
San Mateo.Sequoia.South San Francisco.Terra Nova.Westmoor.Woodside

Practice 8-4-2023/Scrimmage 8-18-2023/Contest 8-24-2023/Max # Meets 13/Sports Chairpersons: - Chris Lucey, Hillsdale

PAL League Meet #1

Wednesday - September 27, 2023

Half Moon Bay - 4:00pm

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 League Meet #2

Wednesday - October 11, 2023

Crystal Springs - 3:00pm

Race #1 Varsity Boys - 3:00
Race #2 Varsity Girls - 3:25
Race #3 Frosh-Soph Boys - 3:55
Race #4 Open Girls - 4:20
Race #5 Open Boys - 4:50

PAL League Meet #3

Wednesday - October 25, 2023

Bedwell Bayfront Park - 3:00pm

Race #1 Varsity Boys - 3:00
Race #2 Varsity Girls - 3:25
Race #3 Frosh-Soph Boys - 3:55
Race #4 Open Girls - 4:20
Race #5 Open Boys - 4:50

PAL Championship Meet

Saturday - November 4, 2023

Crystal Springs - 10:00am

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

CCS Championship Meet

Saturday - November 11, 2023

TBD

CIF Championship Meet

Saturday - November 25, 2023

Woodward Park, Fresno - TBD

Updated 9-20-2023