

# CAPITAL VALLEY CONFERENCE

## 2011 CROSS COUNTRY SCHEDULE

### IMPORTANT DATES

Start of Dead Period: Monday, July 18  
First Scrimmage: Saturday, August 20  
Last Contest: October 29

First Day of Practice: Monday, August 8  
First Contest: Friday, August 26  
First Playoff Game: November 5

### **GAME TIME**

4:00

#### **Wednesday, September 14**

Meet #1 at Maidu Park

#### **Wednesday, October 12**

Meet #2 at Maidu Park

#### **Friday, October 28**

League Meet at Folsom High School - time tba