

# **CAPITAL VALLEY CONFERENCE**

## **2012 CROSS COUNTRY SCHEDULE**

### **IMPORTANT DATES**

Start of Dead Period: Monday, July 16  
First Scrimmage: Saturday, August 18  
Last Contest: Saturday, October 27

First Day of Practice: Monday, August 6  
First Contest: Friday, August 24  
First Playoff Game: Saturday, November 3

### **GAME TIME**

4:00

#### **Wednesday, September 12**

Meet #1 at Maidu Park

#### **Wednesday, October 10**

Meet #2 at Maidu Park

#### **Friday, October 26**

League Meet at Folsom High School - time TBA