

**MISSION VALLEY ATHLETIC LEAGUE
2008
CROSS COUNTRY**

Wednesday, September 24

Newark Memorial @ Irvington
James Logan @ Mission San Jose
Washington @ Kennedy
BYE American

Wednesday, October 1

Kennedy @ Newark Memorial
Irvington @ Mission San Jose
James Logan @ American
BYE Washington

Wednesday, October 8

American @ Irvington
Mission San Jose @ Kennedy
Newark Memorial @ Washington
BYE James Logan

Wednesday, October 15

Mission San Jose @ Washington
Kennedy @ American
Irvington @ James Logan
BYE Newark Memorial

Wednesday, October 22

James Logan @ Kennedy
Newark Memorial @ Mission San Jose
Washington @ American
BYE Irvington

Wednesday, October 29

Kennedy @ Irvington
Washington @ James Logan
American @ Newark Memorial
BYE Mission San Jose

Wednesday, November 5

Irvington @ Washington
American @ Mission San Jose
Newark Memorial @ James Logan
BYE Kennedy

Chairperson:	American
First Day of Practice:	August 18, 2008
MVAL Preseason Meeting:	Tuesday, August 19, 2008 @7:00 PM: NMHS Commons
Maximum Number of Contests:	24 / 2 Scrimmages
Post Season Meeting	Thursday November 13, 2008 @ 5:00 P.M: Finals
MVAL Cross Country Finals:	Thursday November 13, 2008
NCS Meet of Champions:	Saturday, November 22, 2008
CIF Cross Country Championships:	November 29, 2008

**Approved A.D.'s: 12.13.07
Approved B.O.M. 1.11.08**