

**MISSION VALLEY ATHLETIC LEAGUE
2009
TRACK AND FIELD**

Wednesday, March 18

James Logan @ Irvington @ TAK
American @ Newark Memorial

Thursday, March 19

Mission San Jose @ Washington @ TAK
BYE Kennedy

Wednesday, March 25

Irvington @ Newark Memorial
Washington @ American @ TAK

Thursday, March 26

Kennedy @ Mission San Jose @ TAK
BYE James Logan

Wednesday, April 1

Kennedy @ James Logan
Newark Memorial @ Mission San Jose @ TAK

Thursday, April 2

Irvington @ American @ TAK
BYE Washington

Wednesday, April 8

American @ James Logan
Washington @ Kennedy @ TAK

Thursday, April 9

Mission San Jose @ Irvington @ TAK
BYE Newark Memorial

Wednesday, April 22

Washington @ Newark Memorial
Irvington @ Kennedy @ TAK

Thursday, April 23

James Logan @ Mission San Jose @ TAK
BYE American

Wednesday, April 29

Washington @ James Logan
Mission San Jose @ American @ TAK
Newark Memorial @ Kennedy @ Newark Memorial (hosted by Kennedy)
BYE Irvington

Wednesday, May 6

Irvington @ Washington @ TAK
James Logan @ Newark Memorial

Thursday, May 7

American @ Kennedy @ TAK

Chairperson:

First Day Of Spring Practice:

MVAL Preseason Meeting:

Starting Times:

Maximum Number of contests

MVAL Championships:

NCS Area Championships:

Meet of Champions:

State CIF Championships:

Newark Memorial

February 2, 2009

January 26, 2009 @ NMHS Commons

3:45 P.M.

14/2 scrimmages

Wednesday May 13 , Thursday 14, and Friday 15, 2009

Saturday May 23, 2009

Friday May 29 & Saturday May 30, 2009

Friday June 5 & Saturday June 6, 2009

Approved AD's: 5-22-08

Approved BOM's: 6-17-08