

2025 SCCAL Cross Country Championships – Nov. 6, 2025

Entries are due on athletic.net by midnight on Tuesday, November 4.

Runners will wear a bib number and two shoe tags for timing. It is critical that each athlete wears a tag on each shoe and that the numbers on the two tags match the bib number.

- Coaches are responsible for collecting and returning the tags at the end of the meet. There will be a \$5.00 charge for each unreturned tag. I have generous grant checks from Wharf to Wharf for all SCCAL schools, but those checks won't be distributed until all shoe tags are returned or paid for.

Schedule:

2:00 – JV Girls
2:30 – JV Boys
3:00 – FS Boys
3:30 – Varsity Girls
4:00 – Varsity Boys
4:30 – Awards Ceremony

Qualifying from SCCAL to CCS:

- 1) The top 3 teams qualify automatically to CCS
- 2) A team that doesn't finish in the top 3 but has a team time equal to or better than 1:24:20 (boys) or 1:43:57 (girls) qualifies to CCS
- 3) The top 3 athletes not on a qualifying team qualify to CCS
- 4) A Div 4 runner who doesn't qualify in 1,2 or 3 above but has a time equal to or better than 17:12 (boys) or 21:21 (girls) qualifies
- 5) A Div 5 (Mt. Madonna) runner who doesn't qualify in number 3 above but has a time equal to or better than 18:22 qualifies to CCS