

**SPORT: Cross Country**  
**YEAR: 2022-2023**



Date Proposed	
Date Approved	
EBAL Preseason Meeting	TBD
Earliest Date for Practice	August 7, 2023
Total # of Contests	14 + 2 Scrimmages
League Champions	Determined by EBAL championship meet points
Final date of league play	11/11/2023
NCS Entries due	11/12/2023
NCS Championship Meet	11/18/2023
CIF State Championships	11/25/2023

NO EBAL SCHEDULED DUAL MEETS

EBAL championship is 11/4/23 at Newhall Park

[WWW.THEEBAL.COM](http://WWW.THEEBAL.COM)

@THE\_EBAL\_SPORTS