



ALBANY HIGH SCHOOL

Cross Country

2023

DAY	DATE	OPPONENT	LOCATION	TIME
Sat	Sep 9	Lowell Invite	Golden Gate Park	9:00am
Sat	Sep 16	Farmers Invite	Hayward High	9:00am
Sat	Sep 23	Fun Run	Cougar Field	8:00am
Thu	Sep 28	League Meet	Point Pinole	4pm
Sat	Oct 7	Clovis Invite	Woodward Park	7:15am
Thu	Oct 12	League Meet	Point Pinole	4pm
Sat	Oct 21	Mariners Invite	Hayward High	9:00am
Thu	Oct 26	Home	Cesar Chavez	4pm
Thu	Nov 2	TCAL Championships	Point Pinole	1:00pm
Sat	Nov 18	NCS Championships	Hayward High	TBD
Sat	Nov 25	State Championships	Woodward Park, Clovis	TBD

Head Coach: Yvonne Gallegos ygallegos@ausdk12.org Assistant Coach: Brandt Barstad bbarstad@ausdk12.org	Albany High School 603 Key Route Blvd. Albany, CA 94706 (510) 558-2500
Athletic Director: Bill Treseler Website: GoAlbanyAthletics.org	Colors: Red & White Mascot: Cougar