

2025 PAL Cross Country Schedule

September 5 Friday	Sacramento Running Association Meet (SRA) Location: ARC
September 20 Saturday	Springview Meet Location: Johnson-Springview Park, Rocklin
October 3 Friday	Sacramento Running Association Meet (SRA) Location: ARC
October 12 Sunday	PAL Practice meet at Jesuit HS 9:30 a.m. Facility will open at 8:30 a.m. – Please do NOT arrive before! Please use the Main Parking Lot at 4660 Fair Oaks Blvd. No parking on American River Drive as gates will be Locked .
October 26 Sunday	PAL Championship meet at Jesuit HS 9:30 a.m. Facility will open at 8:30 a.m. – Please do NOT arrive before! Please use the Main Parking Lot at 4660 Fair Oaks Blvd. No parking on American River Drive as gates will be Locked .

Note: Athletes need to have participated in at least one of the four meets prior to the PAL Cross Country Championship to be eligible for championship races on October 26.

PAL Cross Country Director: Joel Smith - sacpaltrack@gmail.com

PAL Boys Director: Jonathan Isaac - jonathan.isaac@jesuithighschool.org

PAL Girls Director: Marquese Smith - m.smithgirlspal@gmail.com