

JOHN F. KENNEDY HIGH SCHOOL

39999 Blacow Road ▪ Fremont, California ▪ 510-657-4070 ▪ 510-438-9287 Fax

2022-2023 CROSS COUNTRY

Date	Match	Time
Season		
Wednesday 8/31	2 mile "MVAL Opener" by grade level @ Newark	3:30 pm
Wednesday 9/7	MVAL Center Varsity Meet #1 @ Quarry Lakes	3:30 pm
Wednesday 9/14	MVAL Frosh/Soph Challenge #1 @ MSJ	4:00pm
Wednesday 9/28	MVAL Center Varsity Meet #2 @ Quarry Lakes	3:30pm
Wednesday 10/5	MVAL Frosh/Soph Challenge #2 @ Garin Park	4:00pm
Wednesday 10/12	MVAL Center Varsity Meet #3 @ Coyote Hills	3:30pm
Wednesday 10/19	MVAL Frosh/Soph Challenge #3 @ Newark	4:00pm
Wednesday 11/2	MVAL Championships @ Quarry Lakes	1:30pm



Varsity Head Coach-
Principal-
Athletic Director-

Al McGaughey
Edward Velez
Paul McDermott

FREMONT UNIFIED SCHOOL DISTRICT