



2025 Schedule

Day	Date	Opponent	Location	Time
Saturday	8/23/25	Beat the Heat Invitational	Arcata, CA	TBA
Friday	9/12/25	GVC Preview	Ukiah, CA	TBA
Friday	9/20/25	Northwest Classic	Eugene, OR	TBA
Friday	10/3/25	Pink in the Park Invitational	Salinas, CA	TBA
Friday	10/10/25	Liam Sehorn Invitational	Oroville, CA	TBA
Friday	10/17/25	Pat Ryan Invitational	Santa Rosa, CA	TBA
Saturday	11/1/25	GVC Championships	Ukiah, CA	TBA
Friday	11/7/25	NorCal Championships	Fresno, CA	TBA
Saturday	11/22/25	State Cross Country Championships	Fresno, CA	TBA
Reed Elmore, Head Coach (707) 476-4597 Reed-Elmore@Redwoods.edu			Ryan Bisio, Director of Athletics (707) 476-4239 Bob-Brown@Redwoods.edu	
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Nate Kees, Athletic Trainer Michele Schneider, Assistant Athletic Trainer (707) 476-4399			Updated: 7/15/25	