

DIABLO ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER

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Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord,
Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

VALLEY DIVISION

CROSS COUNTRY 2019-20

**Alhambra, Benicia, Berean Christian,
Concord, Mt. Diablo, Ygnacio Valley**

First Day of Practice: August 12

Start Times: 3:30PM

Max Contests; 14 / 2

Approved: March 27, 2019

Scoring format: Dual Meet format for the Center Meets, Championship format for DAL League Championship.

All DAL schools will run together at Center Meets and at DAL League Championships.

LEAGUE CLEAN-UP OF HIDDEN VALLEY PARK TRAILS

Saturday, August 31 – 8:00 AM – 11:30 AM

CENTER MEETS

Wednesday, September 25

Site: Hidden Valley Park

All DAL teams will run. All Valley Division teams will be scored against each other.

Wednesday, October 23

Site: Newhall Park

All DAL teams will run. All Valley Division teams will be scored against each other.

DAL CHAMPIONSHIPS

SATURDAY, NOVEMBER 2

Site: Hidden Valley Park

Time: 1:00 PM

All DAL teams will run. All Valley Division teams will be scored against each other.

*Alternate Date in event of rain: Oct. 30 - Location: Hidden Valley Park

Nov 16 Final date of competition other than NCS

Nov 23 NCS Meet of Champions

Nov 30 CIF Cross Country Championships