

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

FOOTHILL DIVISION

CROSS COUNTRY 2018-19

Acalanes, Campolindo, Clayton Valley, College Park,
Las Lomas, Miramonte, Northgate

First Day of Practice: August 13

Start Times: 3:30PM

Max Contests; 14 / 2

Approved: 11/9/17

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 25 – 8:00 AM – 11:30 AM

CENTER MEETS

Wednesday, September 26

Site: Hidden Valley Park

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

Wednesday, October 24

Site: Newhall Park

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

DAL CHAMPIONSHIPS

SATURDAY, NOVEMBER 3

Site: Hidden Valley Park

Time: 1:00 PM

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

*Alternate Date in event of rain: Oct. 31 - Location: Hidden Valley Park

Nov 10 Final date of competition other than NCS

Nov 17 NCS Meet of Champions

Nov 24 CIF Cross Country Championships