



2025 CROSS COUNTRY VALLEY DIVISION

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

First Day of Practice: August 11, 2025

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

APPROVED JAN 23, 2025; Year 2 of 2

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 23: 8:00 AM – 11:30 AM

CENTER MEETS

DAL #1: Wednesday, September 24

Site: Hidden Valley Park

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

DAL #2: Wednesday, October 29

Site: Newhall Park

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

DAL CHAMPIONSHIPS

SATURDAY, NOVEMBER 8

Site: Hidden Valley Park

1pm start (Final decision to be made 7 days prior based on anticipated weather conditions)

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

***Alternate Date in event of rain: Nov. 4 - Location: Hidden Valley Park**

- Nov 15 Final Date of Competition other than NCS
- Nov 16 NCS Entries Due 11:59 pm
- Nov 22 NCS Championships
- Nov 29 CIF Cross Country Championships