



2023 CROSS COUNTRY VALLEY DIVISION

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

First Day of Practice: August 7, 2023

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

Approved January 26, 2023; Year 1 of 1

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 26 – 8:00 AM – 11:30 AM

CENTER MEETS

Wednesday, September 27

Site: Hidden Valley Park

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

Wednesday, October 18

Site: Newhall Park

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

DAL CHAMPIONSHIPS

SATURDAY, NOVEMBER 4

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: Nov. 1 - Location: Hidden Valley Park

- Nov 11 Final Date of Competition other than NCS
- Nov 12 NCS Entries Due 11:59 pm
- Nov 18 NCS Championships
- Nov 25 CIF Cross Country Championships