



# 2024 CROSS COUNTRY VALLEY DIVISION

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

First Day of Practice: August 12, 2024

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

**APPROVED: January 25, 2024;** Year 1 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 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 30**

Site: Newhall Park

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

### DAL CHAMPIONSHIPS

**SATURDAY, NOVEMBER 9**

Site: Hidden Valley Park

Time: TBD in the AM

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

\*Alternate Date in event of rain: Nov. 6 - Location: Hidden Valley Park

Nov 16 Final Date of Competition other than NCS

Nov 17 NCS Entries Due 11:59 pm

Nov 23 NCS Championships

Nov 30 CIF Cross Country Championships