



# 2022-2023 CROSS COUNTRY FOOTHILL DIVISION

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

First Day of Practice: August 8, 2022

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

**Approved January 27, 2022;** 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 27 – 8:00 AM – 11:30 AM**

### CENTER MEETS

**Wednesday, September 28**

Site: Hidden Valley Park

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

**Wednesday, October 19**

Site: Newhall Park

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

### DAL CHAMPIONSHIPS

**SATURDAY, NOVEMBER 5**

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: Nov. 2 - Location: Hidden Valley Park

- Nov 12 Final Date of Competition other than NCS
- Nov 13 NCS Entries Due 11:59 pm
- Nov 19 NCS Championships
- Nov 26 CIF Cross Country Championships