



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 24: 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

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