



2022-2023 CROSS COUNTRY VALLEY DIVISION

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

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