

# DIABLO ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER

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Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord,  
Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

## VALLEY DIVISION

### CROSS COUNTRY 2018-19

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

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First Day of Practice: August 13

Start Times: 3:30PM

Max Contests; 14 / 2

Approved: 11/9/17

**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 25 – 8:00 AM – 11:30 AM**

### CENTER MEETS

#### Wednesday, September 26

Site: Hidden Valley Park

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

#### Wednesday, October 24

Site: Newhall Park

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

### DAL CHAMPIONSHIPS

#### SATURDAY, NOVEMBER 3

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: Oct. 31 - Location: Hidden Valley Park

Nov 10 Final date of competition other than NCS  
Nov 17 NCS Meet of Champions  
Nov 24 CIF Cross Country Championships