



# 2021-2022 CROSS COUNTRY VALLEY DIVISION

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

First Day of Practice: August 9, 2021

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

**Approved: May 6, 2021;** 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 28 – 8:00 AM – 11:30 AM**

### CENTER MEETS

**Wednesday, September 29**

Site: Hidden Valley Park

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

**Wednesday, October 20**

Site: Newhall Park

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

### DAL CHAMPIONSHIPS

**SATURDAY, NOVEMBER 6**

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. 3 - Location: Hidden Valley Park

- Nov 13 Final Date of Competition other than NCS
- Nov 14 NCS Entries Due 11:59 pm
- Nov 20 NCS Championships
- Nov 27 CIF Cross Country Championships