

DIABLO FOOTHILL ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER
1989 WOODBURY CT. WALNUT CREEK, CA. 94596 TEL/FAX (925)939-3127

ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

APPROVED 12-17-09

DFAL CROSS COUNTRY SCHEDULE

2010-11

First day of Practice: August 16, 2010; Meet starting time: 3:30PM

Scoring format: Dual meet format for the center meets. Championship format for League Championship

NCS Meet of Champions: November 20, 2010;

CIF Cross Country Championships: November 27.

CENTER MEETS

Wednesday, September 29

Site: Hidden Valley Park

All teams will compete against each other

Wednesday, October 20

Site: Martinez Marina

All teams will compete against each other

DFAL CHAMPIONSHIP

Saturday, November 6

DFAL Varsity Championships

Site: Hidden Valley Park

Time: 1:00PM