

# DIABLO FOOTHILL ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER  
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ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

APPROVED: 9/15/11

## DFAL CROSS COUNTRY SCHEDULE

**2011-12**

**First day of Practice: August 15, 2011; Meet starting time: 3:30PM**

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

**Final Date of Competition other than NCS: November 12, 2011**

**NCS Meet of Champions: November 19, 2011;**

**CIF Cross Country Championships: November 26.**

### CENTER MEETS

**Wednesday, October 5**

**Site: Hidden Valley Park, Martinez**

**All teams will compete against each other**

**Wednesday, October 26**

**Site: Shadow Cliffs Park, Pleasanton**

**All teams will compete against each other**

### DFAL CHAMPIONSHIP

**Saturday, November 5**

**DFAL Varsity Championships**

**Site: Hidden Valley Park, Martinez**

**Time: 1:00PM**