

DIABLO FOOTHILL ATHLETIC LEAGUE

ORLANDO CHIAVINI, COMMISSIONER
155 MOUNTAIN CANYON PL. ALAMO, CA. 94507 TEL/FAX (925)838-6449

ACALANES ALHAMBRA CAMPOLINDO DOUGHERTY VALLEY DUBLIN LAS LOMAS MIRAMONTE

APPROVED 11-18-08

DFAL CROSS COUNTRY SCHEDULE

2009-10

First day of Practice: August 17, 2009; Meet starting time: 3:30PM

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

NCS Meet of Champions: November 21, 2009;

CIF Cross Country Championships: November 28.

CENTER MEETS

Wednesday, September 30

Site 1: Martinez Marina

Miramonte, Las Lomas Alhambra*

Site 2: Hidden Valley Park

Acalanes, DVHS/Dublin, Campolindo*

Wednesday, October 14

Site 1: Miramonte High School

DVHS, Campolindo, Miramonte*

Site 2: Lafayette Community Park

Las Lomas, Alhambra, Dublin, Acalanes*

Wednesday, October 28

Site 1: Dublin High School

Miramonte, Acalanes, Dublin*

Site 2: Shell Ridge

Campolindo, Alhambra, DVHS, Las Lomas*

Saturday, November 7

DFAL Varsity Championships

Site: Hidden Valley Park

Time: 1:00PM

* Denotes Host Team