

DIABLO VALLEY ATHLETIC LEAGUE

MARIO BALESTRIERI, COMMISSIONER
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CLAYTON VALLEY - COLLEGE PARK - CONCORD HIGH - MT. DIABLO - NORTHGATE - YGNACIO VALLEY -
BEREAN CHRISTIAN

DVAL CROSS COUNTRY SCHEDULE 2010 - 2011

Practice Starts: August 16. Meet Start Time: 3:30

Scoring Format: Dual meet format for the four center meets. Championship format for league Championship

NCS Meet of Champions: November 20.

CIF Cross Country Championships: November 27.

2010 Schedule and race locations:

Wednesday, October 6

Hidden Valley Park, Martinez

Mt. Diablo vs. Ygnacio Valley }
Mt. Diablo vs. College Park } Varsity Race 1
College Park vs. Ygnacio Valley }

Berean Christian vs. Northgate }
Concord vs. Clayton Valley } Varsity Race 2

Wednesday, October 13

Castle Rock Park, Walnut Creek

College Park vs. Northgate }
Clayton Valley vs. Mt. Diablo } Varsity Race 1

Berean Christian vs. Concord }
Berean Christian vs. Ygnacio Valley } Varsity Race 2
Concord vs. Ygnacio Valley }

Wednesday, October 20

Lime Ridge, Concord

College Park vs. Concord }
Berean Christian vs. Mt. Diablo } Varsity Race 1

Clayton Valley vs. Northgate }
Clayton Valley vs. Ygnacio Valley } Varsity Race 2

Wednesday, October 27

Newhall Park, Concord

Berean Christian vs Clayton Valley }
Berean Christian vs College Park } Varsity Race 1
Clayton Valley vs. College Park }

Concord vs. Mt. Diablo }
Mt. Diablo vs. Northgate } Varsity Race 2
Northgate vs. Concord }
Northgate vs. Ygnacio Valley }

Friday, November 5

Hidden Valley Park, Martinez

DVAL Championships

Dual Meet race schedule:

3:30 Girls' Frosh-Soph & Junior Varsity, all schools combined
4:00 Boys' Frosh-Soph & Junior Varsity, all schools combined
4:30 Race # 1 Boys' Varsity 1/2 the league combined
4:35 Race # 2 Girls' Varsity 1/2 the league combined
5:00 Race # 2 Boys' Varsity 1/2 the league combined
5:05 Race # 1 Girls' Varsity 1/2 the league combined