

# COUGAR TRACK & FIELD



## 2019 Season Schedule



**\*Note: All DAL competitions are a requirement of participation. Athletes must be available to participate in these meets. No exceptions!**

Tuesday January 15, 5:30pm	PARENT MEETING in CHS Library	@ Campolindo HS, Moraga
Monday January 28, 3:20pm	Official Spring Season Practice Begins!	@ Campolindo HS, Moraga
Friday February 15, 3:30pm-6:00pm	Team Event Testing	@ Campolindo HS, Moraga
Saturday February 23, 9:00am-12:00pm	Pre-season v. Acalanes, College Park, Miramonte	@ College Park HS, Pleasant Hill
Wednesday March 6, 3:30pm-7:00pm	<b>DAL Meet v. Clayton Valley</b>	@ Campolindo HS, Moraga
Wednesday March 13, 3:30pm-7:00pm	<b>DAL Meet v. Las Lomas</b>	@ Campolindo HS, Moraga
Saturday March 16, TBA	Dublin Distance Fiesta	@ Dublin HS, Dublin
Wednesday March 20, 3:30pm-7:00pm	<b>DAL Meet v. Miramonte</b>	@ Miramonte HS, Orinda
Wednesday March 27, 3:30pm-7:00pm	<b>DAL Meet v. Acalanes</b>	@ Acalanes HS, Lafayette
Saturday March 30, TBA	West Coast Relays***	@ Buchanan HS, Clovis
<b>April 1-5, 9:00am Daily</b>	<b>Spring Break – No mandatory team practices. Athletes should follow training plan.</b>	
Wednesday April 10, 3:30pm-7:00pm	<b>DAL Meet v. Northgate</b>	@ Northgate HS, Walnut Creek
Saturday April 13, TBA	Granada Distance & Sprint Festival	@ Granada HS, Livermore
Friday April 19, 2:00pm-9:00pm	Bob Warren Relays	@ Acalanes HS, Lafayette
Saturday April 27, 2:30pm-9:00pm	<b>DAL Championship Trials+++</b>	@ Campolindo HS, Moraga
Saturday May 4, 8:30am-3:00pm	<b>DAL Championship Finals+++</b>	@ Campolindo HS, Moraga
Saturday May 11, 8:30am-3:00pm	<b>NCS Tri-Valley Championships+++</b>	@ Dublin HS, Dublin
Friday May 17, 11:00am-5:30pm	<b>NCS Meet of Champions Trials+++</b>	@ DVC, Pleasant Hill
Saturday May 18, 11:00am-5:30pm	<b>NCS Meet of Champions Finals+++</b>	@ DVC, Pleasant Hill
Wednesday May 22, 5:30pm-8:30pm	AWARDS NIGHT in CHS MU	@ Campolindo HS, Moraga
Friday May 24, 4:00pm-9:30pm	<b>CIF Championship Trials+++</b>	@ Buchanan HS, Clovis
Saturday May 25, 5:00pm-9:00pm	<b>CIF Championship Finals+++</b>	@ Buchanan HS, Clovis

\*\*\*Select athletes (requires qualification).

+++Post season competition (requires qualification).

Head Coach: **Chuck Woolridge**

Principal: **John Walker**

Athletic Director: **Shannon Rogers**

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