

# Campolindo High School

# COUGAR CROSS COUNTRY

## 2019

## DAL League Results

### 10-2-19 DAL Center Meet

Hidden Valley Park, Martinez

#### VARSIITY BOYS

Campolindo 19, Acalanes 39  
Campolindo 15 Alhambra 44  
Campolindo 15, Benicia 47  
Campolindo 15, Berean Christian 49  
Campolindo 15, Clayton Valley 44  
Campolindo 16, College Park 41  
Campolindo 15, Concord 46  
Campolindo 15, Las Lomas 44  
Campolindo 15, Miramonte 45  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 43  
Campolindo 15, Ygnacio Valley 48

#### VARSIITY GIRLS

Campolindo 17, Acalanes 42  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 47  
Campolindo 24, College Park 32  
Campolindo 20, Concord Inc.  
Campolindo 20, Las Lomas 41  
Campolindo 23, Miramonte 35  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 16, Northgate 45  
Campolindo 15, Ygnacio Valley 50

#### JUNIOR VARSITY BOYS

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian 50  
Campolindo 15, Clayton Valley 33  
Campolindo 15, College Park 44  
Campolindo 15, Concord 50  
Campolindo 15, Las Lomas 37  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 47  
Campolindo 15, Ygnacio Valley Inc.

#### JUNIOR VARSITY GIRLS

Campolindo 19, Acalanes 36  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia 48  
Campolindo 15, Berean Christian Inc.  
Campolindo 17, Clayton Valley 42  
Campolindo 15, College Park 44  
Campolindo 15, Concord Inc.  
Campolindo 15, Las Lomas 48  
Campolindo 15, Miramonte Inc.  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 42  
Campolindo 15, Ygnacio Valley 50

#### FROSH SOPH BOYS

Campolindo 25, Acalanes 30  
Campolindo 17, Alhambra 42  
Campolindo 18, Benicia 41  
Campolindo 15, Berean Christian 50  
Campolindo 17, Clayton Valley 41  
Campolindo 19, College Park 37  
Campolindo 15, Concord 50  
Campolindo 17, Las Lomas 39  
Campolindo 18, Miramonte 39  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 20, Northgate 35  
Campolindo 15, Ygnacio Valley Inc.

#### FROSH SOPH GIRLS

Campolindo 15, Acalanes 47  
Campolindo 15, Alhambra Inc.  
Campolindo 21, Benicia 36  
Campolindo 15, Berean Christian Inc.  
Campolindo 17, Clayton Valley 41  
Campolindo 19, College Park 39  
Campolindo 15, Concord Inc.  
Campolindo 16, Las Lomas 43  
Campolindo 25, Miramonte 30  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 17, Northgate 40  
Campolindo 15, Ygnacio Valley Inc.

### 10-30-19 DAL Center Meet

Newhall Park, Concord

#### VARSIITY BOYS

Campolindo 20, Acalanes 41  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 46  
Campolindo 17, College Park 42  
Campolindo 15, Concord 47  
Campolindo 15, Las Lomas 50  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 16, Northgate 46  
Campolindo 15, Ygnacio Valley Inc.

#### VARSIITY GIRLS

Campolindo 16, Acalanes 47  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 50  
Campolindo 20, College Park 39  
Campolindo 15, Concord Inc.  
Campolindo 15, Las Lomas Inc.  
Campolindo 20, Miramonte 41  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 50  
Campolindo 15, Ygnacio Valley 50

#### JUNIOR VARSITY BOYS

Campolindo 15, Acalanes Inc.  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian 50  
Campolindo 15, Clayton Valley 50  
Campolindo 17, College Park 44  
Campolindo 15, Concord 50  
Campolindo 19, Las Lomas 44  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 50  
Campolindo 15, Ygnacio Valley 50

#### JUNIOR VARSITY GIRLS

Campolindo 15, Acalanes 48  
Campolindo 15, Alhambra 50  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian Inc.  
Campolindo 16, Clayton Valley 45  
Campolindo 15, College Park 50  
Campolindo 15, Concord Inc.  
Campolindo 16, Las Lomas 47  
Campolindo 15, Miramonte Inc.  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 16, Northgate 47  
Campolindo 15, Ygnacio Valley Inc.

#### FROSH SOPH BOYS

Campolindo 23, Acalanes 32  
Campolindo 20, Alhambra 39  
Campolindo 17, Benicia 44  
Campolindo 15, Berean Christian Inc.  
Campolindo 25, Clayton Valley 30  
Campolindo 27, College Park 30  
Campolindo 15, Concord 50  
Campolindo 17, Las Lomas 44  
Campolindo 23, Miramonte 34  
Campolindo 15, Mt. Diablo Inc.  
Northgate 28, Campolindo 29  
Campolindo 15, Ygnacio Valley Inc.

#### FROSH SOPH GIRLS

Acalanes 28, Campolindo 29  
Campolindo 15, Alhambra Inc.  
Campolindo 19, Benicia 44  
Campolindo 15, Berean Christian Inc.  
Campolindo 18, Clayton Valley 43  
Campolindo 23, College Park 34  
Campolindo 15, Concord Inc.  
Campolindo 17, Las Lomas 46  
Campolindo 18, Miramonte 45  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 48  
Campolindo 15, Ygnacio Valley Inc.

### 11-9-19 DAL CHAMPS

Hidden Valley Park, Martinez

Varsity Boys – 31 Points – 1st Place  
Varsity Girls – 32 Points – 1st Place  
Junior Varsity Boys – 18 Points – 1st Place  
Junior Varsity Girls – 17 Points – 1st Place  
Frosh Soph Boys – 35 Points – 1st Place  
Frosh Soph Girls – 22 Points – 1st Place

### DAL FINAL STANDINGS

Varsity Boys: Champions!  
Varsity Girls: Champions!  
Junior Varsity Boys: Champions!  
Junior Varsity Girls: Champions!  
Frosh Soph Boys: Champions!  
Frosh Soph Girls: Champions!

### 11-23-19 NCS RESULTS

Varsity Boys – 53 Points – 2nd Place  
Varsity Girls – 26 Points – 1st Place

### 11-30-19 CIF RESULTS

Varsity Boys – 47 Points – 1st Place  
Varsity Girls – 74 Points – 1st Place

### "ALL-LEAGUE" SELECTIONS

#### VARSIITY BOYS:

Dylan Gunn, Alex Lodewick, Dylan  
Mitchley, Rhys Pullen, Owen Lekki

#### VARSIITY GIRLS:

Paloma Hancock, Ellie Buckley, Emma  
Smith, Alicia Hober, Zoe Theulier, Ellie  
Guthrie

#### JUNIOR VAR BOYS:

Vishal Lashkari, Arik Nashan, Owen  
Hunger, Bradford Martin, Evan Yabu, Alan  
Pierrat, Easton Means

#### JUNIOR VAR GIRLS:

Mia Travis, Sydney Roberts, Gracie  
Woidat, Sarah Naughten, Jessica Rosiak

#### FROSH SOPH BOYS:

Sam Smith, Finn Jordan, Blake Webster

#### FROSH SOPH GIRLS:

Quinn Guthrie, Bryn Hober, Angeni  
Lieben, Sophia Harju, Haelee Chung