

Campolindo High School  
**COUGAR CROSS COUNTRY**  
2022  
**DAL League Results**

**9-28-22 DAL Center Meet**  
Hidden Valley Park, Martinez

**VARSITY BOYS**

Campolindo 15, Acalanes 48  
Campolindo 15, Alhambra 48  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian 50  
Campolindo 23, Clayton Valley 35  
Campolindo 19, College Park 40  
Campolindo 15, Concord 50  
Campolindo 15, Las Lomas 48  
Campolindo 19, Miramonte 42  
Campolindo 15, Mt. Diablo INC.  
Campolindo 16, Northgate 45  
Campolindo 15, Ygnacio Valley INC.

**VARSITY GIRLS**

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

**JUNIOR VARSITY BOYS**

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra INC.  
Campolindo 15, Benicia 48  
Campolindo 15, Berean Christian INC.  
Campolindo 15, Clayton Valley 48  
Campolindo 15, College Park 46  
Campolindo 15, Concord INC.  
Campolindo 15, Las Lomas 50  
Campolindo 15, Miramonte 49  
Campolindo 15, Mt. Diablo INC.  
Campolindo 15, Northgate 49  
Campolindo 15, Ygnacio Valley INC.

**JUNIOR VARSITY GIRLS**

Campolindo 18, Acalanes 38  
Campolindo 15, Alhambra INC.  
Campolindo 15, Benicia INC.  
Campolindo 15, Berean Christian INC.  
Campolindo 15, Clayton Valley 47  
Campolindo 15, College Park 46  
Campolindo 15, Concord INC.  
Campolindo 17, Las Lomas 43  
Campolindo 21, Miramonte 35  
Campolindo 15, Mt. Diablo INC.  
Campolindo 17, Northgate 39  
Campolindo 15, Ygnacio Valley 48

**FROSH SOPH BOYS**

Campolindo 15, Acalanes 43  
Campolindo 15, Alhambra INC.  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian 49  
Campolindo 16, Clayton Valley 42  
College Park 16, Campolindo 45  
Campolindo 15, Concord 48  
Campolindo 24, Las Lomas 31  
Campolindo 27, Miramonte 29  
Campolindo 15, Mt. Diablo INC.  
Campolindo 16, Northgate 42  
Campolindo 15, Ygnacio Valley INC.

**FROSH SOPH GIRLS**

Campolindo 15, Acalanes INC.  
Campolindo 15, Alhambra INC.  
Campolindo 15, Benicia INC.  
Campolindo 15, Berean Christian INC.  
Campolindo 15, Clayton Valley 50  
Campolindo 15, College Park 50  
Campolindo 15, Concord 49  
Campolindo 23, Las Lomas 33  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo INC.  
Campolindo 17, Northgate 44  
Campolindo 15, Ygnacio Valley INC.

**10-19-22 DAL Center Meet**  
Newhall Park, Concord

**VARSITY BOYS**

Campolindo 18, Acalanes 39  
Campolindo 19, Alhambra 38  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley 45  
Campolindo 25, College Park 30  
Campolindo 15, Concord 43  
Campolindo 19, Las Lomas 38  
Campolindo 23, Miramonte 32  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 26, Northgate 40  
Campolindo 15, Ygnacio Valley Inc.

**VARSITY GIRLS**

Campolindo 15, Acalanes 50  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Benicia 50  
Campolindo 15, Berean Christian 50  
Campolindo 15, Clayton Valley 50  
Campolindo 15, College Park 49  
Campolindo 15, Concord Inc.  
Campolindo 15, Las Lomas 49  
Campolindo 15, Miramonte 49  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 18, Northgate 41  
Campolindo 15, Ygnacio Valley 50.

**JUNIOR VARSITY BOYS**

Campolindo 15, Acalanes 49  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Benicia Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 25, Clayton Valley 36  
Campolindo 17, College Park 46  
Campolindo 15, Concord Inc.  
Campolindo 15, Las Lomas 50  
Campolindo 15, Miramonte 50  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 47  
Campolindo 15, Ygnacio Valley Inc.

**JUNIOR VARSITY GIRLS**

Campolindo 15, Acalanes 30  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Benicia Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 18, Clayton Valley 39  
Campolindo 15, College Park 50  
Campolindo 15, Concord Inc.  
Campolindo 15, Las Lomas 40  
Campolindo 15, Miramonte 42  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 15, Northgate 44  
Campolindo 15, Ygnacio Valley 50

**FROSH SOPH BOYS**

Campolindo 19, Acalanes 42  
Campolindo 15, Alhambra Inc.  
Campolindo 15, Benicia 50  
Campolindo 20, Berean Christian 41  
Campolindo 15, Clayton Valley 49  
Campolindo 28, College Park 30  
Campolindo 15, Concord 49  
Campolindo 19, Las Lomas 39  
Campolindo 15, Miramonte 49  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 25, Northgate 33  
Campolindo 15, Ygnacio Valley Inc.

**FROSH SOPH GIRLS**

Campolindo 15, Acalanes Inc.  
Campolindo 15, Alhambra Inc.  
Campolindo 17, Benicia Inc.  
Campolindo 15, Berean Christian Inc.  
Campolindo 15, Clayton Valley Inc.  
Campolindo 15, College Park 46  
Campolindo 15, Concord Inc.  
Campolindo 22, Las Lomas 33  
Campolindo 15, Miramonte 45  
Campolindo 15, Mt. Diablo Inc.  
Campolindo 18, Northgate 37  
Campolindo 15, Ygnacio Valley Inc.

**11-5-22 DAL CHAMPS**  
Hidden Valley Park, Martinez

Varsity Boys – 31 Points – 1st Place  
Varsity Girls – 17 Points – 1st Place  
Junior Varsity Boys – 15 Points – 1st Place  
Junior Varsity Girls – 17 Points – 1st Place  
Frosh Soph Boys – 42 Points – 1st Place  
Frosh Soph Girls – 26 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!

**11-19-22 NCS RESULTS**

Varsity Boys – 28 Points – 1st Place  
Varsity Girls – 34 Points – 1st Place

**11-26-22 CIF RESULTS**

Varsity Boys – 109 Points – 2nd Place  
Varsity Girls – 63 Points – 1st Place

**"ALL-LEAGUE" SELECTIONS**

**VARSITY BOYS:**

**Alex Lodewick, Connor McGhee, Blake Webster, Baron Walsh**

**VARSITY GIRLS:**

**Ellie Buckley, Shea Volkmer, Makena Weberski, Rachel Moen, Kate Kabenina, Anya Houston**

**JUNIOR VAR BOYS:**

**Cale Anderson, Thomas Singh, Alessandro Paolieri, Joey Floyd, Toby Barton, Max Marino, Jordan Santiago**

**JUNIOR VAR GIRLS:**

**Quinn Guthrie, Daisy Penney, Mia Lawrence, Bryn Hober, Lena Espiritu, Meeran Gill**

**FROSH SOPH BOYS:**

**Cody De La Cruz, Josiah Beardsley, Benoit Pelchat**

**FROSH SOPH GIRLS:**

**Sloan Pullen, Libby Wong, Carina Trento, Emily Koehler, Elle Reisman, Jasia Hilaski**