

Campolindo High School
COUGAR CROSS COUNTRY
2023
DAL League Results

9-27-23 DAL Center Meet
Hidden Valley Park, Martinez

VARSITY BOYS

Campolindo 19, Acalanes 44
Campolindo 19, Alhambra 42
Campolindo 15, Benicia 50
Campolindo 15, Berean Christian 50
Campolindo 18, Clayton Valley 43
Campolindo 26, College Park 31
Campolindo 15, Concord 50
Campolindo 15, Las Lomas 48
Campolindo 28, Miramonte 30
Campolindo 15, Mt. Diablo INC.
Campolindo 19, Northgate 44
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 50
Campolindo 15, Berean Christian INC.
Campolindo 20, Clayton Valley 42
Campolindo 15, College Park 48
Campolindo 15, Concord INC.
Campolindo 15, Las Lomas 50
Campolindo 15, Miramonte 47
Campolindo 15, Mt. Diablo Inc.
Campolindo 15, Northgate 50
Campolindo 15, Ygnacio Valley INC.

JUNIOR VARSITY GIRLS

Campolindo 18, Acalanes INC.
Campolindo 15, Alhambra INC.
Campolindo 15, Benicia INC.
Campolindo 15, Berean Christian INC.
Campolindo 15, Clayton Valley 48
Campolindo 15, College Park 46
Campolindo 15, Concord INC.
Campolindo 16, Las Lomas 43
Campolindo 15, Miramonte 48
Campolindo 15, Mt. Diablo INC.
Campolindo 15, Northgate 42
Campolindo 15, Ygnacio Valley INC.

FROSH SOPH BOYS

Campolindo 15, Acalanes 50
Campolindo 15, Alhambra 49
Campolindo 15, Benicia 50
Campolindo 17, Berean Christian 44
Campolindo 15, Clayton Valley 44
Campolindo 15, College Park 44
Campolindo 15, Concord 50
Campolindo 19, Las Lomas 42
Campolindo 15, Miramonte 45
Campolindo 15, Mt. Diablo INC.
Campolindo 15, Northgate 48
Campolindo 15, Ygnacio Valley INC.

FROSH SOPH GIRLS

Campolindo 15, Acalanes 48
Campolindo 15, Alhambra 46
Campolindo 15, Benicia 49
Campolindo 15, Berean Christian INC.
Campolindo 15, Clayton Valley INC.
Campolindo 15, College Park 50
Campolindo 15, Concord INC.
Campolindo 15, Las Lomas 45
Campolindo 15, Miramonte 47
Campolindo 15, Mt. Diablo INC.
Campolindo 15, Northgate 46
Campolindo 15, Ygnacio Valley INC.

10-18-23 DAL Center Meet
Newhall Park, Concord

VARSITY BOYS

Campolindo 15, Acalanes 50
Campolindo 15, Alhambra 50
Campolindo 15, Benicia 50
Campolindo 15, Berean Christian Inc.
Campolindo 15, Clayton Valley 50
Campolindo 15, College Park 50
Campolindo 15, Concord 50
Campolindo 15, Las Lomas 49
Campolindo 28, Miramonte 28
Campolindo 15, Mt. Diablo Inc.
Campolindo 15, Northgate 48
Campolindo 15, Ygnacio Valley Inc.

VARSITY GIRLS

Campolindo 15, Acalanes 45
Campolindo 15, Alhambra Inc.
Campolindo 15, Benicia 50
Campolindo 15, Berean Christian Inc.
Campolindo 15, Clayton Valley 49
Campolindo 15, College Park 49
Campolindo 15, Concord Inc.
Campolindo 15, Las Lomas 44
Campolindo 15, Miramonte 49
Campolindo 15, Mt. Diablo Inc.
Campolindo 16, Northgate 44
Campolindo 15, Ygnacio Valley 50.

JUNIOR VARSITY BOYS

Campolindo 15, Acalanes Inc.
Campolindo 15, Alhambra Inc.
Campolindo 15, Benicia 50.
Campolindo 15, Berean Christian Inc.
Campolindo 20, Clayton Valley 43
Campolindo 15, College Park 50
Campolindo 15, Concord Inc.
Campolindo 20, Las Lomas 43
Campolindo 16, Miramonte 47
Campolindo 15, Mt. Diablo Inc.
Campolindo 15, Northgate 48
Campolindo 15, Ygnacio Valley Inc.

JUNIOR VARSITY GIRLS

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

FROSH SOPH BOYS

Campolindo 15, Acalanes 50
Campolindo 15, Alhambra 50
Campolindo 15, Benicia 50
Campolindo 15, Berean Christian 49
Campolindo 15, Clayton Valley 49
Campolindo 15, College Park 50
Campolindo 15, Concord 50
Campolindo 19, Las Lomas 44
Campolindo 15, Miramonte 49
Campolindo 15, Mt. Diablo Inc.
Campolindo 18, Northgate 40
Campolindo 15, Ygnacio Valley Inc.

FROSH SOPH GIRLS

Campolindo 15, Acalanes 48
Campolindo 16, Alhambra 46
Campolindo 15, Benicia 50
Campolindo 15, Berean Christian Inc.
Campolindo 15, Clayton Valley Inc.
Campolindo 15, College Park 50
Campolindo 15, Concord Inc.
Campolindo 15, Las Lomas 44
Campolindo 15, Miramonte 49
Campolindo 15, Mt. Diablo Inc.
Campolindo 19, Northgate 43
Campolindo 15, Ygnacio Valley Inc.

11-4-23 DAL CHAMPS
Hidden Valley Park, Martinez

Varsity Boys – 62 Points – 2nd Place
Varsity Girls – 28 Points – 1st Place
Junior Varsity Boys – 22 Points – 1st Place
Junior Varsity Girls – 21 Points – 1st Place
Frosh Soph Boys – 15 Points – 1st Place
Frosh Soph Girls – 19 Points – 1st Place

DAL FINAL STANDINGS

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

11-18-23 NCS RESULTS

Varsity Boys – 75 Points – 2nd Place
Varsity Girls – 44 Points – 1st Place

11-25-23 CIF RESULTS

Varsity Boys – 348 Points – 15th Place
Varsity Girls – 92 Points – 2nd Place

"ALL-LEAGUE" SELECTIONS

VARSITY BOYS:

Alex Thomasson, Cody De La Cruz, Clark Gregory

VARSITY GIRLS:

Amalia Contreras, Kate Kabenina, Daisy Penney, Sloan Pullen, Shea Volkmer

JUNIOR VAR BOYS:

Joey Floyd, Nolan Henwood, Tyler Ngo, Benoit Pelchat

JUNIOR VAR GIRLS:

Lena Espiritu, Colbie Freese, Mia Lawrence, Makena Weberski

FROSH SOPH BOYS:

Taiyo Chiba, Aria Falsafi, Gavin Gunn, Brody Hall, Samuel Hearn, Anton Klisura, Nikola Van Delft

FROSH SOPH GIRLS:

Keria De Los Santos, Tori Gilbert, Kaitlyn Kinsey, Emily Koehler, Nora Lawrence, Libby Wong