

Qualifying to CCS From PAL Champs

Varsity Teams:

- Top half of the full teams (5+ runners) on the start line of the Varsity PAL races (15 teams start=>8 advance)
- Top team in a Division
- Any team hitting the At-Large standard for their assigned Division

Varsity Individuals:

- Top 6 runners not on an advancing Varsity team
- Any individual hitting the At-Large standard for their assigned Division

Team Divisional Placement

TEAMS	DIVISION I	DIVISION II	DIVISION III	DIVISION IV	DIVISION V
	Carlmont Menlo - Atherton	Aragon Sequoia Woodside	Burlingame Hillsdale San Mateo	Capuchino El Camino Jefferson Half Moon Bay Mills South SF Terra Nova Westmoor	Oceana
2025 Boys At-Large Times*** to Qualify to CCS (Varsity Only)					
	DIVISION I	DIVISION II	DIVISION III	DIVISION IV	DIVISION V
Team (top 5 runners combined)	85:35	85:37	86:38	87:24	93:14
Individual	17:24	17:27	17:39	17:50	19:00
2025 Girls At-Large Times*** to Qualify to CCS (Varsity Only)					
	DIVISION I	DIVISION II	DIVISION III	DIVISION IV	DIVISION V
Team (top 5 runners combined)	105:25	104:29	106:33	108:41	115:06
Individual	21:26	21:17	21:43	22:14	23:14

***Times must be achieved at the PAL Championship meet