



# 2023-2024 WRESTLING VALLEY DIVISION

Acalanes, Berean Christian, Campolindo, Concord, Miramonte, Mt. Diablo, Ygnacio Valley

First Day of Practice: October 30, 2023

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

**APPROVED April 13, 2023;** Year 1 of 1

## Week 1: Wednesday January 10 @ Acalanes

**Mt. Diablo** vs Miramonte

**Concord** vs Acalanes

**Berean Christian** vs Campolindo

Ygnacio Valley BYE

**Miramonte** vs Concord

**Ygnacio Valley** vs Mt. Diablo

**Campolindo** vs Acalanes

Berean Christian BYE

**\*ALL MATCHES ARE DOUBLE DUAL; BOLD team are home school for double dual matches**

## Week 2: Wednesday January 17: @ Mt. Diablo

**Ygnacio Valley** vs Miramonte

**Campolindo** vs Concord

**Mt. Diablo** vs Berean Christian

Acalanes BYE

**Miramonte** vs Campolindo

**Ygnacio Valley** vs Berean Christian

**Acalanes** vs Mt. Diablo

Concord BYE

**\*ALL MATCHES ARE DOUBLE DUAL; BOLD team are home school for double dual matches**

## Week 3: Wednesday January 24: @ Concord

**Miramonte** vs Berean Christian

**Acalanes** vs Ygnacio Valley

**Mt. Diablo** vs Concord

Campolindo BYE

**Berean Christian** vs Acalanes

**Mt. Diablo** vs Campolindo

**Concord** vs Ygnacio Valley

Miramonte BYE

**\*ALL MATCHES ARE DOUBLE DUAL; BOLD team are home school for double dual matches**

## Week 4: Wednesday January 31

**Miramonte** @ Acalanes

**Berean Christian** @ Concord

**Campolindo** @ Ygnacio Valley

Mt. Diablo BYE

TBA DAL Novice Tournament @ Campolindo

December 31 2 lb. Growth Allowance

January 31 Final Date of Team Competition & Playoff Applications due 10:00 pm

February 3 NCS Dual Team Championships

February 10 DAL Championships @ Concord

February 10 Final Date of Individual Competition & Girls Entries due 5:00 pm

February 10 Final Date of Individual Competition & Boys Entries due 11:59 pm

February 11 NCS Seeding Meeting

February 16, 17 NCS Championships

February 22-24 CIF Championships