



2026 TRACK & FIELD VALLEY DIVISION

Alhambra, Benicia, Berean Christian, College Park, Concord, Mt. Diablo, Ygnacio Valley

First Day of Practice: February 9, 2026

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

APPROVED MAY 20, 2025; Year 2 of 2

Wednesday, March 4

Ygnacio Valley/Berean Christian @ College Park

***BUSD Spring Break March 30-April 6**

***BC,MUSD Spring Break April 3-10**

***MDUSD Spring Break April 6-13**

Wednesday, March 11

Concord/Mt. Diablo @ Ygnacio Valley/Berean Christian

College Park - Bye

Wednesday, March 18

Benicia @ College Park

Alhambra @ Concord/Mt. Diablo **T 3/17**

Ygnacio Valley/Berean Christian – Bye

Wednesday, March 25

Ygnacio Valley/Berean Christian @ Benicia

College Park @ Alhambra **T 3/24 @ CP**

Concord/Mt. Diablo – Bye

Wednesday, April 1

Alhambra @ Ygnacio Valley/Berean Christian

College Park @ Concord/Mt. Diablo **T 3/31**

Benicia – Bye

Wednesday, April 15

Benicia @ Alhambra

Wednesday, April 22

Concord/Mt. Diablo @ Benicia

Alhambra – Bye

Friday, April 24

DAL Valley “Last Chance” @ Concord 4:00 pm

May 2 **DAL Trials Field Events 9:30; Track 10:00**

May 9 **DAL Finals Field Events 9:00; Track 9:30**

(Alternate dates in event of emergency May 7, 8)

May 9 Deadline to Determine Qualifiers

May 16 NCS Tri-Valley Championships

May 22,23 NCS Meet of Champions

May 29,30 CIF State Championships