



2025 TRACK & FIELD VALLEY DIVISION

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

First Day of Practice: February 10, 2025

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

APPROVED MAY 26, 2024; Year 1 of 2

Wednesday, March 12

Alhambra @ Benicia

Ygnacio Valley/Berean Christian @ Concord/Mt. Diablo

College Park - Bye

***BC,MUSD,MDUSD Spring Break April 7-11**

***BUSD Spring Break April 14-18**

Wednesday, March 19

College Park @ Benicia

Concord/Mt. Diablo @ Alhambra (Friday, March 21)

Ygnacio Valley/Berean Christian – Bye

Wednesday, March 26

Alhambra @ College Park (Thursday, March 27)

Benicia @ Ygnacio Valley/Berean Christian

Concord/Mt. Diablo – Bye

Wednesday, April 2

Concord/Mt. Diablo @ College Park

Ygnacio Valley/Berean Christian @ Alhambra (Tuesday, April 1)

Benicia – Bye

Wednesday, April 23

Benicia @ Concord/Mt. Diablo

College Park @ Ygnacio Valley/Berean Christian

Alhambra – Bye

Saturday, April 26

“Last Chance” @ TBA

May 3 DAL Trials Field Events 9:00; Track 10:00

May 10 DAL Finals Field Events 9:00; Track 9:30
(Alternate dates in event of emergency May 8, 9)

May 10 Deadline to Determine Qualifiers

May 17 NCS Tri-Valley Championships

May 123,24 NCS Meet of Champions

May 230,31 CIF State Championships