



2023 SWIMMING VALLEY DIVISION

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

First Day of Practice: February 6, 2022

Max Contests: 14 plus 2 scrimmages

Game Times: 4:00 pm

APPROVED MAY 17, 2022; Year 2 of 2

Week of:

March 6	Concord / MD	@	College Park (Friday, March 3)
	Berean Christian	@	Clayton Valley (Friday, March 10)
	Alhambra	@	Benicia (Weds, March 8)
March 13	College Park	@	Clayton Valley (Friday, April 14)
	Alhambra	@	Berean Christian (Weds, March 15)
	Benicia	@	Concord / Mt. D
March 20	College Park	@	Benicia (Weds, March 22)
	Concord / MD	@	Berean Christian (Friday, March 24)
	Clayton Valley	@	Alhambra (Friday, March 24)
March 27	Benicia	@	Clayton Valley (Friday, March 31)
	Berean Christian	@	College Park (Weds, March 29)
	Concord / Mt. D	@	Alhambra (Weds, March 29)
April 17	Clayton Valley	@	Concord / Mt. D (Friday, April 21)
	Berean Christian	@	Benicia (Friday, April 21)
	College Park	@	Alhambra (Weds, April 19)

- April 27 DAL Trials at College Park 4:00
- April 29 DAL JV Invitational at TBA
- April 29 DAL Finals at College Park 9:00
- April 30 NCS Entries Due 1:15 pm
- May 1 NCS Seeding Meeting
- May 4 NCS Diving Championships
- May 5 NCS Swimming Trials
- May 6 NCS Swimming Championships
- May 11-13 CIF Championships