



# 2023 SWIMMING FOOTHILL DIVISION

Acalanes, Campolindo, Las Lomas, Miramonte, Northgate

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**      Miramonte                    @      Northgate (and YV)  
                    Las Lomas                    @      Acalanes  
                    Campolindo                    @      BYE

**March 13**     Northgate (and YV)       @      Las Lomas  
                    Acalanes                        @      Campolindo  
                    Miramonte                      @      BYE

**March 20**     Las Lomas                    @      Miramonte  
                    Campolindo                    @      Northgate (and YV)  
                    Acalanes                        @      BYE

**March 27**     Campolindo                    @      Las Lomas  
                    Acalanes                        @      Miramonte  
                    Northgate (and YV)        @      BYE

**April 17**       Miramonte                    @      Campolindo  
                    Northgate (and YV)        @      Acalanes  
                    Las Lomas                      @      BYE

April 27        DAL Trials at Campolindo HS at 2:30 pm  
April 29        DAL JV Invitational at Campolindo HS at TBA  
April 29        DAL Finals at Campolindo HS at TBA  
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