



# 2022-2023 WRESTLING FOOTHILL DIVISION

Alhambra, Benicia, Clayton Valley, College Park, Las Lomas, Northgate

First Day of Practice: October 31, 2022

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

**APPROVED April 20, 2022;** Year 2 of 2

## Week 1: Wednesday January 11 **OR Thursday January 12**

College Park @ Clayton Valley

Northgate @ Alhambra

Las Lomas @ Benicia

## Week 2: **Thursday January 19: Double Dual @ College Park**

Clayton Valley vs **Benicia** Benicia vs **Alhambra**

Alhambra vs **Las Lomas** Clayton Valley vs **Northgate**

College Park vs **Northgate** Las Lomas vs **College Park**

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

## Week 3: Wednesday January 25 **OR Thursday January 26**

Benicia @ Northgate

College Park @ Alhambra

Clayton Valley @ Las Lomas

## Week 4: Wednesday February 1 **OR Thursday February 2**

Benicia @ College Park

Las Lomas @ Northgate

Alhambra @ Clayton Valley

TBA	DAL Novice Tournament @ Campolindo
December 31	2 lb. Growth Allowance
February 1	Final Date of Team Competition & Playoff Applications due 10:00 pm
February 4	NCS Dual Team Championships
February 11	DAL Championships @ <b>Clayton Valley Charter</b>
February 11	Final Date of Individual Competition & Girls Entries due 5:00 pm
February 11	Final Date of Individual Competition & Boys Entries due 11:59 pm
February 12	NCS Seeding Meeting
February 17, 18	NCS Championships
February 23-25	CIF Championships