

DIABLO ATHLETIC LEAGUE

PAT LICKISS, COMMISSIONER

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Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord,
Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

FOOTHILL DIVISION

WRESTLING 2019-20

**Acalanes, Benicia, Clayton Valley,
College Park, Las Lomas, Northgate**

First Day of Practice: November 4, 2019
Max Contests; 40 matches / 2 scrimmages

Start Times: 6:00PM/7:00PM
Double Duals: Start Time: 5:00PM
Approved: May 9, 2019

Wed Jan 22	Clayton Valley, Benicia	Benicia , Acalanes
	Acalanes, Las Lomas	Clayton Valley , Northgate
	College Park, Northgate	Las Lomas , College Park
		Hosted by College Park
Wed Jan 29	Benicia, Northgate	Benicia , College Park
	Acalanes , College Park	Northgate , Las Lomas
	Clayton Valley Las Lomas	Acalanes , Clayton Valley
		Hosted by Northgate
Wed Feb 5	Benicia @ Las Lomas	
	College Park @ Clayton Valley	
	Northgate @ Acalanes	

DAL Novice Tournament:	Nov. 29 (Campolindo)
DAL League Championships:	Feb. 14/15 – Benicia (possible one day TBD)
Deadline to determine dual team qualifiers: Feb 5	Dual Team Competition: Feb. 8
Deadline for leagues to determine individual qualifiers: Feb. 15	
NCS Seeding Meeting:	Feb 16
NCS Championships:	Feb 21-22
State CIF Championships:	Feb. 27-29

***TEAMS IN BOLD ARE HOME SCHOOL FOR DOUBLE DUAL MATCHES**