



2025-2026 WRESTLING VALLEY DIVISION

Acalanes, Berean Christian, Campolindo, Concord, Miramonte,
Mt. Diablo, Ygnacio Valley

First Day of Practice: November 3, 2025

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

APPROVED MARCH 25; FINALIZED OCT. 2025; Year 2 of 2

Week 1: Thursday January 8 @ Acalanes

Berean Christian	vs	Miramonte	Campolindo	vs	Miramonte
Ygnacio Valley	vs	Acalanes	Berean Christian	vs	Ygnacio Valley
Concord	vs	Mt. Diablo	Mt. Diablo	vs	Acalanes
Campolindo	BYE		Concord	BYE	

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

Week 2: Wednesday January 14 @ MD

Miramonte	vs	Ygnacio Valley	Acalanes	vs	Berean Christian
Concord	vs	Campolindo	Campolindo	vs	Mt. Diablo
Berean Christian	vs	Mt. Diablo	Ygnacio Valley	vs	Concord
Acalanes	BYE		Miramonte	BYE	

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

Week 3: Thursday January 22 @ Concord

Miramonte	vs	Acalanes	Miramonte	vs	Mt. Diablo
Concord	vs	Berean Christian	Acalanes	vs	Concord
Campolindo	vs	Ygnacio Valley	Berean Christian	vs	Campolindo
Mt. Diablo	BYE		Ygnacio Valley	BYE	

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

Week 4: Tuesday January 27

Concord	@	Miramonte
Mt. Diablo	@	Ygnacio Valley
Acalanes	@	Campolindo
Berean Christian	BYE	

January 1	2 lb. Growth Allowance
January 28	Final Date of Team Competition & Playoff Applications due 10:00 pm
January 31	NCS Dual Team Championships
February 7	DAL Championships @ Acalanes
February 7	Final Date of Individual Competition & Girls Entries due 5:00 pm
February 7	Final Date of Individual Competition & Boys Entries due 11:59 pm
February 9	NCS Seeding Meeting - Boys
February 10	NCS Seeding Meeting - Girls
February 13,14	NCS Divisional Tournaments
February 20,21	NCS Championships
Feb 26-28	CIF Championships