



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
	Berean Christian	@	Clayton Valley
	Alhambra	@	Benicia
March 13	College Park	@	Clayton Valley
	Alhambra	@	Berean Christian
	Benicia	@	Concord / Mt. D
March 20	College Park	@	Benicia
	Concord / MD	@	Berean Christian
	Clayton Valley	@	Alhambra
March 27	Benicia	@	Clayton Valley
	Berean Christian	@	College Park
	Concord / Mt. D	@	Alhambra
April 17	Clayton Valley	@	Concord / Mt. D
	Berean Christian	@	Benicia
	College Park	@	Alhambra

April 29	DAL JV Invitational at TBA
April 29	DAL Finals 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