



2025-2026 WRESTLING FOOTHILL DIVISION

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

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 NOV. 2025; Year 2 of 2

Week 1: Wednesday January 7 or Thursday January 8

Las Lomas @ **Benicia**
Clayton Valley @ **College Park**
Alhambra @ **Northgate**

Week 2: Wednesday January 14 or Thursday January 15 @ TBA

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

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

Week 3: Wednesday January 21 or Thursday January 22

Benicia @ **Clayton Valley**
Alhambra @ **Las Lomas**
College Park @ **Northgate**

Week 4: Tuesday January 27 or Wednesday January 28

Northgate @ **Benicia**
Alhambra @ **College Park**
Clayton Valley @ **Las Lomas**

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 @ TBA
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