



# 2024 TRACK & FIELD VALLEY DIVISION

Alhambra, Benicia, Berean Christian, College Park, Concord, Mt. Diablo, Ygnacio Valley

First Day of Practice: February 5, 2024

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

**APPROVED May 16, 2023;** Year 1 of 1

## Wednesday, March 6

College Park @ Alhambra

Ygnacio Valley/Berean Christian @ Benicia

Concord/Mt. Diablo - Bye

## Wednesday, March 13

Alhambra @ Concord/Mt. Diablo (Tuesday, March 12)

Benicia @ College Park

Ygnacio Valley/Berean Christian – Bye

## Wednesday, March 20

College Park @ Concord/Mt. Diablo (Tuesday, March 19)

Alhambra @ Ygnacio Valley/Berean Christian

Benicia – Bye

## Wednesday, March 27

Concord/Mt. Diablo @ Benicia

Ygnacio Valley/Berean Christian @ College Park

Alhambra – Bye

## Wednesday, April 17

Concord/Mt. Diablo @ Ygnacio Valley/Berean Christian

Benicia @ Alhambra

College Park – Bye

April 27	DAL Trials <b>Field Events 9:00; Track 10:00</b>
May 4	DAL Finals <b>Field Events 9:00; Track 10:00</b>
May 4	Deadline to Determine Qualifiers
May 11	NCS Tri-Valley Championships
May 17, 18	NCS Meet of Champions
May 24, 25	CIF State Championships