



2024-2025 WRESTLING GIRLS

First Day of Practice: November 4, 2024

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

APPROVED OCT 3, 2024; Year 1 of 2

Week 1: Tuesday January 14 @ College Park

College Park vs Northgate
Concord vs Campolindo

Clayton Valley BYE

***BOLD team are home school for matches**

***Alhambra, Benicia, Las Lomas, Acalanes, Berean Christian, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format*

Week 2: Tuesday January 21 @ Clayton Valley Charter

Northgate vs **Campolindo** Campolindo vs **College Park**
Concord vs **Clayton Valley** Clayton Valley vs **Northgate**

College Park BYE

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

***Alhambra, Benicia, Las Lomas, Acalanes, Berean Christian, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format*

Week 3: Tuesday February 4 @ Concord

Concord vs **College Park** College Park vs **Clayton Valley**
Clayton Valley vs **Campolindo** Northgate vs **Concord**

Northgate BYE Campolindo BYE

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

***Alhambra, Benicia, Las Lomas, Acalanes, Berean Christian, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format*

- January 5 2 lb. Growth Allowance
- February 5 Final Date of Team Competition & Playoff Applications due 10:00 pm
- February 8 NCS Dual Team Championships
- February 15 DAL Championships @ Las Lomas
- February 15 Final Date of Individual Competition & Girls Entries due 5:00 pm
- February 15 Final Date of Individual Competition & Boys Entries due 11:59 pm
- February 16 NCS Seeding Meeting
- February 21,22 NCS Championships
- Feb 27-Mar 1 CIF Championships