



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 29	Final Date of Team Competition & Playoff Applications due 10:00 pm
February 1	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 8	NCS Seeding Meeting
February 13,14	NCS Divisional Tournaments
February 20,21	NCS Championships
Feb 26-28	CIF Championships