



2023-2024 WRESTLING FOOTHILL DIVISION

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

First Day of Practice: October 30, 2023

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

APPROVED April 13, 2023; Year 1 of 1

***Duals may be Wednesday or Thursday depending on gym availability**

****Home team in BOLD**

Week 1: Wednesday January 10

Benicia @ **Clayton Valley**

Alhambra @ **Las Lomas**

College Park @ **Northgate**

Week 2: Wednesday January 17: Double Dual @ Northgate

Benicia vs **Northgate** Las Lomas vs **Benicia**

Alhambra vs **College Park** Clayton Valley vs **College Park**

Las Lomas vs **Clayton Valley** Alhambra vs **Northgate**

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

Week 3: Wednesday January 24

College Park @ **Benicia**

Northgate @ **Las Lomas**

Clayton Valley @ **Alhambra**

Week 4: Wednesday January 31

Benicia @ **Alhambra**

Northgate @ **Clayton Valley**

Las Lomas @ **College Park**

TBA	DAL Novice Tournament @ Campolindo
December 31	2 lb. Growth Allowance
January 31	Final Date of Team Competition & Playoff Applications due 10:00 pm
February 3	NCS Dual Team Championships
February 10	DAL Championships @ Concord
February 10	Final Date of Individual Competition & Girls Entries due 5:00 pm
February 10	Final Date of Individual Competition & Boys Entries due 11:59 pm
February 11	NCS Seeding Meeting
February 16, 17	NCS Championships
February 22-24	CIF Championships