



2026 TRACK & FIELD VALLEY DIVISION

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

First Day of Practice: February 9, 2026

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

APPROVED MAY 20, 2025; Year 2 of 2

Wednesday, March 11

Concord/Mt. Diablo @ Ygnacio Valley/Berean Christian
College Park - Bye

***BUSD Spring Break March 30-April 6**

***BC,MUSD Spring Break April 3-10**

***MDUSD Spring Break April 6-13**

Wednesday, March 18

Benicia @ College Park
Alhambra @ Concord/Mt. Diablo
Ygnacio Valley/Berean Christian – Bye

Wednesday, March 25

Ygnacio Valley/Berean Christian @ Benicia
College Park @ Alhambra
Concord/Mt. Diablo – Bye

Wednesday, April 1

Alhambra @ Ygnacio Valley/Berean Christian
College Park @ Concord/Mt. Diablo
Benicia – Bye

Wednesday, April 15

Benicia @ Alhambra

Wednesday, April 22

Concord/Mt. Diablo @ Benicia
Ygnacio Valley/Berean Christian @ College Park
Alhambra – Bye

Saturday, April 25

DAL Valley “Last Chance” @ TBD 9:00 am

May 2	DAL Trials Field Events 9:00; Track 10:00 (?)
May 9	DAL Finals Field Events 9:00; Track 9:30 (?)
	(Alternate dates in event of emergency May 7, 8)
May 9	Deadline to Determine Qualifiers
May 16	NCS Tri-Valley Championships
May 22,23	NCS Meet of Champions
May 29,30	CIF State Championships