



2025-2026 WRESTLING GIRLS

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 OCT. 2025; Year 2 of 2

Week 1: **Tuesday January 6 @ CVC**

Berean Christian	vs	Northgate
Clayton Valley	vs	Concord
College Park	vs	Alhambra

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

****Benicia, Las Lomas, Acalanes, *Campolindo*, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format**

Week 2: **Tuesday January 13 @ YV**

College Park	vs	Berean Christian	College Park	vs	Concord
Northgate	vs	Clayton Valley	Berean Christian	vs	Clayton Valley
Alhambra	vs	Concord	Alhambra	vs	Northgate

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

****Benicia, Las Lomas, Acalanes, *Campolindo*, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format**

Week 3: **Tuesday January 27 @ NG**

Clayton Valley	vs	College Park	Northgate	vs	College Park
Concord	vs	Northgate	Berean Christian	vs	Concord
Berean Christian	vs	Alhambra	Alhambra	vs	Clayton Valley

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

****Benicia, Las Lomas, Acalanes, *Campolindo*, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format**

January 1	2 lb. Growth Allowance
January 28	Final Date of Team Competition & Playoff Applications due 10:00 pm
January 31	NCS Dual Team Championships
February 7	DAL Championships @ Acalanes
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 9	NCS Seeding Meeting - Boys
February 10	NCS Seeding Meeting - Girls
February 13,14	NCS Divisional Tournaments
February 20,21	NCS Championships
Feb 26-28	CIF Championships