



2024-2025 WRESTLING FOOTHILL DIVISION

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

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 March 19; Year 1 of 2

Week 1: Wednesday January 15

Benicia @ **Northgate**
College Park @ **Alhambra**
Las Lomas @ **Clayton Valley**

Week 2: Wednesday January 22: Double Dual @ College Park

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

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

Week 3: Wednesday January 29

Alhambra @ **Benicia**
Clayton Valley @ **Northgate**
College Park @ **Las Lomas**

Week 4: Wednesday February 5

Clayton Valley @ **Benicia**
Las Lomas @ **Alhambra**
Northgate @ **College Park**

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