



# 2024 SWIMMING

Acalanes, Alhambra, Benicia, Berean Christian, Campolindo, Clayton Valley Charter, College Park, Concord, Las Lomas, Miramonte, Mt. Diablo, Northgate, Ygnacio Valley

First Day of Practice: February 5, 2024

Max Contests: 14 plus 2 scrimmages

Game Times: 4:00 pm

**PROPOSED FEBRUARY 1, 2024**

Day	Date	Away	Home
Wednesday	March 6	Clayton Valley	Campolindo
Wednesday	March 6	Benicia	College Park
Thursday	March 7	Concord / MD / Berean	Las Lomas
Friday	March 8	Alhambra	Miramonte
Friday	March 8	Acalanes	Northgate
Tuesday	March 12	Clayton Valley	Las Lomas
Tuesday	March 12	Northgate	Campolindo
Wednesday	March 13	Miramonte	Acalanes
Wednesday	March 13	Alhambra	College Park
Wednesday	March 13	Berean / Benicia	Con/MD
Wednesday	March 20	Las Lomas	Northgate
Wednesday	March 20	Campolindo	Acalanes
Friday	March 22	College Park	Miramonte
Friday	March 22	MD	Berean Christian
Friday	March 22	Benicia	Clayton Valley
Friday	March 22	Concord	Alhambra
Wednesday	March 27	Clayton Valley	Alhambra
Wednesday	March 27	Miramonte	Las Lomas
Wednesday	March 27	College Park	Campolindo
Thursday	March 28	Berean / Concord / MD	Acalanes
Thursday	March 28	Benicia	Northgate
Thursday	April 11	Clayton Valley	Acalanes
Friday	April 12	Northgate	Miramonte
Friday	April 12	Las Lomas	Campolindo
Friday	April 12	Concord / MD / Berean	College Park
Friday	April 12	Alhambra	Benicia
Tuesday	April 16	Campolindo	Miramonte
Wednesday	April 17	Acalanes	Las Lomas
Wednesday	April 17	Northgate	College Park
Wednesday	April 17	Alhambra / Concord	Clayton Valley

Friday	April 19	MD / Berean	Benicia
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April 25	DAL Trials at Campolindo HS TBD
April 27	DAL JV Invitational / DAL Finals at Campolindo HS TBA
April 28	NCS Entries Due 1:15 pm
April 29	NCS Seeding Meeting
May 1	NCS Diving Championships
May 3	NCS Swimming Trials
May 4	NCS Swimming Championships
May 11-13	CIF Championships