



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 NOV. 2025; Year 2 of 2

Week 1: Tuesday January 6 or Wednesday January 7 @ TBA

Campolindo vs **Northgate**

Clayton Valley vs **Concord**

College Park vs **Alhambra**

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

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

Week 2: Tuesday January 13 or Wednesday January 14 @ TBA

College Park vs **Campolindo** College Park vs **Concord**

Northgate vs **Clayton Valley** Campolindo 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, Berean Christian, Miramonte, Mt. Diablo, Ygnacio Valley Scramble Format**

Week 3: Tuesday January 27 or Wednesday January 28 @ TBA

Clayton Valley vs **College Park** Northgate vs **College Park**

Concord vs **Northgate** Campolindo vs **Concord**

Campolindo vs **Alhambra** Alhambra vs **Clayton Valley**

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

****Benicia, Las Lomas, Acalanes, Berean Christian, 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 @ TBA
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