



# 2022-2023 WRESTLING VALLEY DIVISION

Acalanes, Berean Christian, Campolindo, Concord, Miramonte, Mt. Diablo, Ygnacio Valley

First Day of Practice: October 31, 2022

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

**APPROVED April 20, 2022;** Year 2 of 2

## Week 1: Wednesday January 11 @ **Acalanes**

Mt. Diablo	vs	<b>Miramonte</b>	Miramonte	vs	<b>Concord</b>
Concord	vs	<b>Acalanes</b>	Ygnacio Valley	vs	<b>Mt. Diablo</b>
Berean Christian	vs	<b>Campolindo</b>	Campolindo	vs	<b>Acalanes</b>
Ygnacio Valley	BYE		Berean Christian	BYE	

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

## Week 2: Wednesday January 18: @ **Miramonte**

Ygnacio Valley	vs	<b>Miramonte</b>	Miramonte	vs	<b>Campolindo</b>
Campolindo	vs	<b>Concord</b>	Ygnacio Valley	vs	<b>Berean Christian</b>
Mt. Diablo	vs	<b>Berean Christian</b>	Acalanes	vs	<b>Mt. Diablo</b>
Acalanes	BYE		Concord	BYE	

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## Week 3: Wednesday January 25: @ **Mt. Diablo**

Miramonte	vs	<b>Berean Christian</b>	Berean Christian	vs	<b>Acalanes</b>
Acalanes	vs	<b>Ygnacio Valley</b>	Mt. Diablo	vs	<b>Campolindo</b>
Mt. Diablo	vs	<b>Concord</b>	Concord	vs	<b>Ygnacio Valley</b>
Campolindo	BYE		Miramonte	BYE	

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## Week 4: Wednesday February 1

Miramonte @ Acalanes  
Berean Christian @ Concord  
Campolindo @ Ygnacio Valley  
Mt. Diablo BYE

TBA	DAL Novice Tournament @ Campolindo
December 31	2 lb. Growth Allowance
February 1	Final Date of Team Competition & Playoff Applications due 10:00 pm
February 4	NCS Dual Team Championships
February 11	DAL Championships @ <b>Clayton Valley Charter</b>
February 11	Final Date of Individual Competition & Girls Entries due 5:00 pm
February 11	Final Date of Individual Competition & Boys Entries due 11:59 pm
February 12	NCS Seeding Meeting
February 17, 18	NCS Championships
February 23-25	CIF Championships