



# 2022-2023 BOYS & GIRLS WATER POLO FOOTHILL DIVISION

Acalanes, Campolindo, Las Lomas, Miramonte

First Day of Practice: August 8, 2022

Max Contests: 24 plus 2 scrimmages

Game Times: JV Girls 4:00, Var Girls 5:00, Var Boys 6:00, JV Boys 7:00

\*Boys and girls will flip start times 2nd half of DAL season

**Approved January 27, 2022;** Year 2 of 2

Wednesday Sept 21	Campolindo	@	Miramonte
	Acalanes	@	Las Lomas
Wednesday Sept 28	Las Lomas	@	Campolindo
	Miramonte	@	Acalanes
Wednesday Oct 5	Campolindo	@	Acalanes
	Miramonte	@	Las Lomas
Wednesday Oct 12	Miramonte	@	Campolindo
	Las Lomas	@	Acalanes
Wednesday Oct 19	Campolindo	@	Las Lomas
	Acalanes	@	Miramonte
Wednesday Oct 26	Acalanes	@	Campolindo
	Las Lomas	@	Miramonte

Oct 29	Final Date for Competition & Playoff Applications due 9:00 pm
Oct 30	NCS Seeding Meeting
Nov 2,3,5,9,12	NCS Championships
Nov 15,17,19	CIF Nor-Cal Championships