



2023 TRACK & FIELD VALLEY DIVISION

Alhambra, Benicia, Berean Christian, College Park, Concord, Mt. Diablo, Ygnacio Valley

First Day of Practice: February 6, 2023

Max Contests: 14 plus 2 scrimmages

Game Times: 3:30 pm

APPROVED MAY 17, 2022; Year 2 of 2

Wednesday, March 8

Benicia @ Concord/Mt. Diablo

College Park @ Ygnacio Valley/Berean Christian (**Tuesday, March 7**)

Alhambra – Bye

Wednesday, March 15

Concord/Mt. Diablo @ Alhambra

College Park @ Benicia

Ygnacio Valley/Berean Christian – Bye

Wednesday, March 22

Concord/Mt. Diablo @ College Park

Ygnacio Valley/Berean Christian @ Alhambra

Benicia – Bye

Wednesday, March 29

Ygnacio Valley/Berean Christian @ Concord/Mt. Diablo

Alhambra @ Benicia

College Park – Bye

Wednesday, April 19

Benicia @ Ygnacio Valley/Berean Christian (**Tuesday, April 18**)

Alhambra @ College Park

Concord/Mt. Diablo - Bye

April 29	DAL Trials TBA
May 6	DAL Finals TBA
May 6	Deadline to Determine Qualifiers
May 13	NCS Tri-Valley Championships
May 19, 20	NCS Meet of Champions
May 26, 27	CIF State Championships