



# 2024-2025 WRESTLING VALLEY DIVISION

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

First Day of Practice: November 4, 2024

Max Contests: 40 plus 2 scrimmages

Start Times: 6:00, 7:00 pm

Double Duals Start Time: 5:00 pm

**APPROVED March 19;** Year 1 of 2

## Week 1: Thursday January 16 @ ACALANES

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

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

## Week 2: Wednesday January 22 @ MT. DIABLO

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

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## Week 3: Wednesday January 29 @ CONCORD

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

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## Week 4: Wednesday February 5

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

January 5	2 lb. Growth Allowance
February 5	Final Date of Team Competition & Playoff Applications due 10:00 pm
February 8	NCS Dual Team Championships
February 15	DAL Championships @ Las Lomas
February 15	Final Date of Individual Competition & Girls Entries due 5:00 pm
February 15	Final Date of Individual Competition & Boys Entries due 11:59 pm
February 16	NCS Seeding Meeting
February 21,22	NCS Championships
Feb 27-Mar 1	CIF Championships