



2024-2025 WRESTLING FOOTHILL DIVISION

Alhambra, Benicia, Clayton Valley, College Park, Las Lomas, Northgate

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: Wednesday January 15

Benicia @ **Northgate (Thurs Jan 16)**

College Park @ **Alhambra (Thurs Jan 16)**

Las Lomas @ **Clayton Valley**

Week 2: Thursday January 23: Double Dual @ College Park

Benicia vs **Las Lomas**

Benicia vs **College Park**

College Park vs **Clayton Valley**

Las Lomas vs **Northgate**

Northgate vs **Alhambra**

Alhambra vs **Clayton Valley**

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

Week 3: Wednesday January 29

Alhambra @ **Benicia**

Clayton Valley @ **Northgate**

College Park @ **Las Lomas**

Week 4: Wednesday February 5

Clayton Valley @ **Benicia**

Las Lomas @ **Alhambra**

Northgate @ **College Park**

January 1 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