



BAY VALLEY ATHLETIC LEAGUE SWIM/DIVE 2024



- First Practice: February 5
- Final regular season competition date: April 27
- Dual meets begin at 3:30 pm
- Diving dates/locations to be determined by coaches
- Any changes in day, time or location must be agreed upon by the principals or designees of the school

Friday, March 15

Liberty @ Freedom
Deer Valley @ Pittsburg
Antioch @ Heritage

Friday, March 29

Heritage @ Deer Valley
Antioch @ Liberty
Pittsburg @ Freedom

Friday, April 5

Pittsburg @ Heritage
Deer Valley @ Liberty
Freedom @ Antioch

Friday, April 12

Freedom @ Heritage
Liberty @ Pittsburg
Deer Valley @ Antioch

Friday, April 19

Heritage @ Liberty
Antioch @ Pittsburg
Freedom @ Deer Valley

Thursday, April 25

BVAL Dive Championships @ Freedom

Friday-Saturday, April 26-27

BVAL Championships @ Freedom

NCS entries due Sunday, April 28, 1:15 pm

NCS seeding meeting is Monday, April 29

Thursday, May 2

NCS Diving Championships @ Concord Comm.

Friday-Saturday, May 3-4

NCS Swim Championships @ Concord Comm.

Friday-Saturday, May 10-11

CIF Championships

Approved: 9/20/23