

**Nassau Flag Football - Spring 2026 Standings as of 5/5/26**

**Conference 1**

Team	League				Overall			Streak
	W	L	T	PCT	W	L	T	
Syosset (A)	6	0	2	0.875	9	1	3	W9
Valley Stream District (A)	6	2	0	0.750	10	3	0	W1
Massapequa (A)	6	2	0	0.750	10	4	0	W1
Plainview-Old Bethpage JFK (A)	4	1	3	0.688	7	4	4	W3
Bellmore-Merrick (A)	5	2	1	0.688	9	5	1	L1
Herricks (A)	4	4	0	0.500	6	7	0	W1
Port Washington (A)	2	4	2	0.375	6	5	2	L2
Farmingdale (A)	2	6	0	0.250	4	10	0	L1
East Meadow District (A)	1	7	0	0.125	4	9	1	L2
Freeport (A)	0	8	0	0.000	2	11	0	L6

**Conference 2**

Team	League				Overall			Streak
	W	L	T	PCT	W	L	T	
MacArthur (B)	6	0	1	0.929	13	0	1	W3
Plainedge (B)	5	1	1	0.786	11	1	1	W3
Roslyn (B)	4	1	2	0.714	5	4	3	W2
Wantagh (B)	4	2	1	0.643	6	5	2	W1
Levittown Division (B)	3	3	1	0.500	6	5	2	L1
Bethpage (B)	3	3	1	0.500	5	6	1	L1
Roosevelt (B)	2	3	2	0.429	3	7	2	L1
Long Beach (B)	3	4	0	0.429	4	8	0	W1
Glen Cove (B)	0	6	1	0.071	0	12	1	L9
Lynbrook (B)	0	7	0	0.000	1	12	0	L3

**Conference 3**

Team	League				Overall			Streak
	W	L	T	PCT	W	L	T	
Cold Spring Harbor (C)	10	2	0	0.833	10	3	0	W2
Oceanside (A)*	9	3	0	0.750	9	3	0	L2
Locust Valley (C)	9	3	0	0.750	9	3	0	L1
East Rockaway (C)	9	3	0	0.750	10	4	0	W5
Hempstead (A)*	4	8	0	0.333	4	8	0	L1
Jericho (B)*	4	9	0	0.308	4	9	0	W1
West Hempstead (C)	3	9	0	0.250	3	9	0	L1
Westbury (A)*	1	12	0	0.077	1	12	0	W1

Clinched Class A Playoff Berth

Clinched Class B Playoff Berth

Clinched Class C Playoff Berth