

Nassau Girls Flag Football - Spring 2026 Standings as of 4/28/26

Conference 1								
Team	League				Overall			Streak
	W	L	T	PCT	W	L	T	
Massapequa (A)	5	1	0	0.833	9	3	0	L1
Syosset (A)	4	0	2	0.833	6	1	3	W6
Bellmore-Merrick (A)	4	1	1	0.750	8	4	1	W1
Valley Stream District (A)	4	2	0	0.667	8	2	0	W2
Herricks (A)	3	3	0	0.500	5	6	0	W1
Port Washington (A)	2	2	2	0.500	5	3	2	L2
Plainview-Old Bethpage JFK (A)	2	1	3	0.583	4	4	3	L1
East Meadow District (A)	1	5	0	0.167	3	7	1	W1
Farmingdale (A)	1	5	0	0.167	3	8	0	L6
Freeport (A)	0	6	0	0.000	2	8	0	L3
Conference 2								
Team	League				Overall			Streak
	W	L	T	PCT	W	L	T	
MacArthur (B)	5	0	1	0.917	11	0	1	W1
Plainedge (B)	4	1	1	0.750	10	1	1	W2
Roslyn (B)	3	1	2	0.667	4	4	3	W1
Levittown Division (B)	3	2	1	0.583	6	4	1	W3
Wantagh (B)	3	2	1	0.583	5	4	2	W4
Bethpage (B)	3	2	1	0.583	4	5	1	L1
Roosevelt (B)	2	2	2	0.500	2	6	2	W1
Long Beach (B)	2	4	0	0.333	3	7	0	L6
Glen Cove (B)	0	5	1	0.083	0	10	1	L7
Lynbrook (B)	0	6	0	0.000	1	11	0	L2
Conference 3								
Team	League				Overall			Streak
	W	L	T	PCT	W	L	T	
Oceanside (A)*	9	1	0	0.900	9	1	0	W1
Cold Spring Harbor (C)	8	2	0	0.800	8	3	0	L1
Locust Valley (C)	8	2	0	0.800	8	2	0	W5
East Rockaway (C)	7	3	0	0.700	8	4	0	W3
Hempstead (A)*	3	7	0	0.300	3	7	0	L4
Jericho (B)*	3	7	0	0.300	6	7	0	W1
West Hempstead (C)	2	7	0	0.222	2	7	0	W1
Westbury (A)*	0	11	0	0.000	0	11	0	L11