

2026 BVAL Track & Field Meet Schedule

- Dual meets only before daylight savings time w/ 3:30 pm start time.
- Discus starts at 3:15 pm in tri/quad meets
- If school chooses to run the 4x800 @ Dual/Tri/Quad meet the event is @3:15. If not started by 3:25 race is not competed.
- In Quad/Tri Meets races is lanes teams are limited to 16 entries. 4x100 teams increased
- Dual/Quad/Tri Meets Start time 3:30pm

Wed March 4 BVAL Wk 1 Meets Dual/Tri [Discus & 4x800 if running starts at 3:15 pm] Start 3:30pm

BVAL Dual Meet @ Pittsburg

Pittsburg, Liberty

BVAL Dual Meet @ Freedom

Freedom, Antioch, Emerald

BVAL Dual Meet @ Deer Valley

Deer Valley, Heritage

Wed March 11 BVAL Wk 2 Meets Quad Tri [Day Light saving time begin]

BVAL @ Emerald

Freedom, Liberty, Deer Valley, Emerald

BVAL @ Heritage

Heritage, Pittsburg, Antioch

Wed March 18

*** Break for LUHSD

Wed March 25 BVAL Wk 3 Meets Quad Tri

BVAL @ Deer Valley

Antioch, Deer Valley, Pittsburg, Emerald

*** Break for LUHSD

Wed April 1st BVAL Wk 3 Meets Quad Tri [Discus starts at 3:15 pm]

BVAL @ Heritage

Freedom, Heritage, Liberty

*** Break for Antioch [3/29 to 4/6], Deer Valley [3/29 to 4/6], Pittsburg [3/31 to 4/7]

Wed April 8th

*** Break for Emerald Break 4/6 to 4/10] Arcadia Invitational Weekend

Wed April 15th BVAL Wk 4 Meets Quad Tri

BVAL @ Antioch

Deer Valley, Antioch, Liberty, Emerald

BVAL @ Freedom

Heritage, Freedom, Pittsburg

Wed April 23th BVAL Wk 5 Meets Quad Tri Sacramento Meet of Champions Weekend

BVAL @ Pittsburg

Pittsburg, Freedom, Deer Valley, Antioch [Antioch moved for LHS to Pitts]

BVAL @ Liberty

Heritage, Liberty, Emerald

Wed April 29th

Per coaches emails – No meets

Wed May 6st

BVAL Championship Day 1 @ Antioch High School

Sat May 9th

BVAL Championship Day 2 @ Antioch High School

Sat May 16th

NCS Tri-Valley Championships

Fri - Sat May 22 -23

NCS Meet of Champions

Fri – Sat May 29-30

CIF State Championships @ Buchanan-Clovis

Finalized Track Schedule