

# 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 1<sup>st</sup> 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 8<sup>th</sup>

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

## Wed April 15<sup>th</sup> BVAL Wk 4 Meets Quad Tri

BVAL @ Antioch Deer Valley, Antioch, Liberty, Emerald  
BVAL @ Freedom Heritage, Freedom, Pittsburg

## Wed April 23<sup>th</sup> 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 29<sup>th</sup>

Per coaches emails – No meets

## Wed May 6<sup>st</sup>

BVAL Championship Day 1 @ Antioch High School

## Sat May 9<sup>th</sup>

BVAL Championship Day 2 @ Antioch High School

## Sat May 16<sup>th</sup>

NCS Tri-Valley Championships

## Fri - Sat May 22 -23

NCS Meet of Champions

## Fri – Sat May 29-30

CIF State Championships @ Buchanan-Clovis