

## BAY VALLEY ATHLETIC LEAGUE SWIMMING 2026

- First Practice: February 9
- Final regular season competition date: May 2
- Dual meets begin at 3:30 pm
- Diving events take place the day prior to swim meets at the opposite site
- BVAL Championship events begin at 10:30 am
- Any changes in day, time or location must be agreed upon by the principals or designees of the school

### Friday, March 6

Antioch/Deer Valley @ Heritage

### Wednesday, March 11

Emerald @ Pittsburg

### Friday, March 13

Liberty @ Deer Valley  
Antioch @ Freedom

### Friday, March 20

Heritage @ Emerald  
Liberty @ Antioch  
Deer Valley/Freedom @ Pittsburg

### Friday, March 27

Pittsburg @ Liberty  
Antioch/Emerald @ Deer Valley

### Thursday, April 2

Emerald @ Liberty  
Heritage @ Freedom

### Friday, April 10

Liberty @ Freedom  
Pittsburg @ Heritage  
Deer Valley @ Antioch

### Friday, April 17

Heritage @ Liberty  
Freedom @ Emerald  
Antioch @ Pittsburg

### Thursday, April 23

BVAL Dive Championships @ Liberty

### Friday-Saturday, April 24-25

BVAL Championships @ Liberty

NCS entries due Sunday, May 3, 1:15 pm  
NCS seeding meeting is Monday, May 4

### Thursday, May 7

NCS Diving Championships @ Miwok Aquatic, College of Marin

### Friday-Saturday, May 8-9

NCS Swim Championships @ Miwok Aquatic, College of Marin

### Thursday-Saturday, May 14-16

CIF Championships @ Clovis West

Approved: 7/9/25