

**DELTA LEAGUE  
2025 VARSITY, JUNIOR VARSITY SWIM/DIVE SCHEDULE**

**THURSDAY, MARCH 6**

Monterey Trail (H) @ Franklin

**FRIDAY, MARCH 7**

Laguna Creek @ Cosumnes Oaks  
Pleasant Grove @ Sheldon  
Elk Grove BYE

**TUESDAY, MARCH 11**

Cosumnes Oaks @ Elk Grove

**WEDNESDAY, MARCH 12**

Laguna Creek @ Franklin  
Monterey Trail (H) @ Sheldon  
Pleasant Grove BYE

**TUESDAY, MARCH 25**

Monterey Trail @ Cosumnes Oaks  
Sheldon BYE

**WEDNESDAY, MARCH 26**

Franklin @ Pleasant Grove  
Elk Grove @ Laguna Creek

**TUESDAY, APRIL 1**

Sheldon @ Franklin

**Dead Period:** July 1- July 14  
**Limited Period:** Jan. 13 - Feb. 9  
**Practice Begins:** February 10  
**First Scrimmage:** February 21  
**First Contest:** February 28  
**Last Contest:** April 26

**Meet Time:** 3:30 p.m.

**Home Sites:** Elk Grove, Franklin, Laguna Creek & Cosumnes Oaks - Wackford  
Sheldon & Pleasant Grove - Pat O'Brien Center  
Monterey Trail - Cosumnes River College (Practice)

**Delta League Rep:** Rod Hart, Laguna Creek  
**Athletic Director Rep:** Jon Ussery, Laguna Creek

**WEDNESDAY, APRIL 2**

Cosumnes Oaks @ Pleasant Grove  
Monterey Trail @ Elk Grove  
Laguna Creek BYE

**TUESDAY, APRIL 8**

Pleasant Grove @ Laguna Creek

**WEDNESDAY, APRIL 9**

Elk Grove @ Sheldon  
Franklin @ Cosumnes Oaks  
Monterey Trail BYE

**MONDAY, APRIL 14**

Sheldon @ Laguna Creek  
Monterey Trail @ Pleasant Grove  
Cosumnes Oaks BYE

**TUESDAY, APRIL 15**

Elk Grove @ Franklin

**THURSDAY, APRIL 17**

Monterey Trail (H) @ Laguna Creek

**FRIDAY, APRIL 18**

Pleasant Grove @ Elk Grove  
Cosumnes Oaks @ Sheldon  
Franklin BYE

**League Diving Trials/Finals:** April 23 @ TBA  
**League Swimming Trials:** April 24 @ District 56 Elk Grove  
**League Swimming Finals:** April 25 @ District 56 Elk Grove

**Girls Section Diving Trials/Finals:** May 2 @ St Mary's HS  
**Boys Section Diving Trials/Finals:** May 3 @ St Mary's HS

**Girls Section Swim Trials:** May 8 @ District 56 Elk Grove  
**Boys Section Swim Trials:** May 9 @ District 56 Elk Grove  
**Section Swimming Finals:** May 10 @ District 56 Elk Grove  
**CA State Championship:** May 15-17 @ Clovis West HS