

DELTA LEAGUE
2026 VARSITY, JUNIOR VARSITY SWIM/DIVE SCHEDULE

WEDNESDAY, MARCH 4

Monterey Trail & Cosumnes Oaks	@	Sheldon
Franklin & Pleasant Grove	@	Elk Grove
Laguna Creek	BYE	

WEDNESDAY, MARCH 11

Monterey Trail & Pleasant Grove	@	Laguna Creek
Elk Grove & Cosumnes Oaks	@	Sheldon
Franklin	BYE	

WEDNESDAY, MARCH 25

Sheldon & Elk Grove	@	Pleasant Grove
Cosumnes Oaks & Laguna Creek	@	Franklin
Monterey Trail	BYE	

TUESDAY, MARCH 31

Elk Grove & Monterey Trail	@	Franklin
Cosumnes Oaks & Laguna Creek	@	Pleasant Grove
Sheldon	BYE	

THURSDAY, APRIL 2

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

WEDNESDAY, APRIL 8

Laguna Creek	@	Elk Grove
Cosumnes Oaks	@	Pleasant Grove
Sheldon & Franklin	@	Monterey Trail

TUESDAY, APRIL 14

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

THURSDAY, APRIL 16

Elk Grove & Monterey Trail	@	Cosumnes Oaks
Laguna Creek & Franklin	@	Sheldon
Pleasant Grove	BYE	

Dead Period: July 1 - July 14
Limited Period: Jan. 12 - Feb. 8
Practice Begins: February 9
First Scrimmage: February 20
First Contest: February 27
Last Contest: April 24

Meet Time: 3:30 p.m.

League Swimming Trials: April 23 @ District 56 Elk Grove
League Swimming Finals: April 24 @ District 56 Elk Grove

Girls Section Diving Trials/Finals: TBD
Boys Section Diving Trials/Finals: TBD

Girls Section Swim Trials: TBD
Boys Section Swim Trials: TBD
Section Swimming Finals: TBD
CA State Championship TBD

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: Kurtis Gillespie, Cosumnes Oaks
Athletic Director Rep: George Smith, Cosumnes Oaks