

**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