



NHS SWIMMING AND DIVING

2475 JEFFERSON STREET NAPA, CALIFORNIA 94558

Phone: 707 253-3711 Fax: 707 253-3906

Website: napahigh.nvusd.org

Swimming and Diving Schedule Spring 2026 (Home in **BOLD**)

* **Diving Competitions will be held at Vintage HS pool, dates and times TBD**

Season Start:

| Day | Date | Opponent | Location | Game Times | Release Time | Depart |
|------------------|-------------|---------------------------------|------------------|----------------|----------------|-----------------|
| Saturday | 2/21 | Valley Relay Meet | Vintage | 10 am | N/A | N/A |
| Friday | 3/6 | Intra-squad Scrimmage | Napa | 4:00 pm | N/A | N/A |
| Wednesday | 3/11 | Sonoma Valley | Sonoma Valley | 4:00 pm | 2:15 pm | 2:30 pm/ Bus |
| Saturday | 3/14 | Solano High School Invitational | Solano College | 10:30 am | N/A | N/A |
| Wednesday | 3/18 | American Canyon | Napa | 4:00 pm | N/A | N/A |
| Wednesday | 3/25 | Vintage | Vintage | 4:00 pm | N/A | N/A |
| Monday | 4/13 | Petaluma | Napa | 4:00 pm | 2:35 pm | 2:40 pm |
| Wednesday | 4/15 | Casa Grande | Napa | 4:00 pm | N/A | N/A |
| Wednesday | 4/22 | Justin Siena | NVC Pool | 4:00 pm | N/A | N/A |
| Thursday | 4/30 | VVAL - Diving Championship | Vintage | TBD | TBD | TBD |
| Fri-Sat | 5/1-5/2 | VVAL Swim Championships | American Canyon | TBD | TBD | TBD |
| Thursday | 5/7 | NCS Diving Championships | College of Marin | TBD | TBD | TBD |
| Fri-Sat | 5/8-5/9 | NCS Swim Championships | College of Marin | TBD | TBD | TBD |

Varsity Head Coach: Kian Tavakoli

JV Head Coach: Kian Tavakoli

Team Coordinator/Rep: Angela Eddleman

Contact: Kian Tavakoli

Email: kiant2010@gmail.com

Principal: Dr. Ean Ainsworth

Athletic Director: Darci Ward