May 2026 Oakland sports update: Roots having their best season yet, Falcons in first place

Other events include Ballers opening day, a Valkyries watch party, and a three day international Roller Derby tournament

May 4, 2026

It often feels like Oakland is crawling with sports fans, but on March 31 they were even crawling the buildings when acrobatic dancers from Bandaloop scaled City Hall in Golden State Valkyries gear. Mayor Barbara Lee, singer Goapele and team mascot Violet were also on hand for the launch of the Valkyries' new violet jerseys.

While the Valkyries are preparing at their downtown Oakland practice facility for their first game on May 8 at the Seattle Storm, other Oakland sports seasons are already in full swing. Here's your update on what happened last month in the Town's sports, and what to look forward to in May.

Oakland Teams Update

⚽ Oakland Roots

The Oakland Roots are off to the best start in team history, with a record of 3-1-4 (wins-losses-ties). They are currently in fourth place in the Western Conference of the USL Championship League, which puts them in playoff position.

On April 11, Oakland traveled to St. Petersburg, Florida, and managed to battle the first place Tampa Bay Rowdies to a 2-2 draw. They returned home for a match against FC Tulsa on April 18, where the unmatched vibes of the Coliseum helped them jump out to a lead on a goal in the fourth minute by Wolfgang Prentice. Alas, Tulsa evened the score and the Roots ended up with a 1-1 draw. Just four nights later, the Roots were back at it in a home game on Earth Day, April 22. If he was tired out, 2026 Golden Boot winner Peter Wilson did not show it, scoring a hat trick of three goals in a 4-2 victory against Las Vegas Lights FC. Three days later, the Roots were in Seaside for a match against Monterey Bay FC, where they scored first but ended up with a 1-1 draw in regulation. Because it was a USL Cup match, the game went straight to penalty kicks, where the Roots fell 3-4.

Last Saturday, the Roots headed to Loudon United FC in Virginia, which coach Ryan Martin and players Keegan Tingey, Tommy McCabe, and Florian Valot called home last season. The memories were rosier than the gameplay for most of the match, but the team salvaged a 2-2 draw with yet another goal by Wilson in extra time.

So far this season, Wilson and Prentice are both in the Top 10 in league goals, with Prentice also second in the league in assists and McCabe leading the league in passes.

⚾ Oakland Ballers

Although their Opening Day roster was far from finalized, the Ballers played an exhibition game on March 31 against the San Jose Giants, champions of the Class A California League. It did not go well. Despite that 13-1 loss, the Ballers start their season on May 19 ready to defend their title led by a new team president, former San Francisco Giants executive Yeshayah Goldfarb.

🏈 Golden State Storm

The Golden State Storm continued their inaugural tackle football season after an opening 0-36 loss to the San Diego Rebellion, clawing their way to a winning record of three wins and two losses, with one game to go. The Storm are currently third in the Pacific Division. Their first win came against the Las Vegas Stars by a score of 31-2 on April 4 at home, followed by a close win in Seattle against the Majestics (23-18) on April 11 and another loss to the Rebellion in San Diego (0-17) on April 25. Last Saturday, the team set a Women's National Football Conference attendance record when fans poured into Laney College to watch the Storm defeat the Oregon Ravens by a score of 14-8. The three largest crowds in league history were at the Storm's three home games.

"Oakland has always been a football town, but the record-breaking crowds at Laney Field this year prove it is now a women's football town," Jake Langner, the team's co-owner, told The Oaklandside. Their final game of the season, against the Los Angeles Legends in Long Beach on May 16, will be a critical one: a win would send the Storm to the playoffs. "To clinch a playoff spot in our very first season would be more than just a win," Langer said. "It would be a definitive statement that the Storm is here to stay and that the Bay Area is the new epicenter of the sport."

🥏 Bay Area Falcons

The Bay Area Falcons are currently second out of four ultimate frisbee teams in the Southern Conference standings for the Western Ultimate League and riding high on a four-game winning streak since their only loss in their season opener at the San Diego Super Bloom. The Falcons beat the Bloom 18-15 in a rematch in Oakland on April 19,

then traveled to play the Colorado Alpenglow on April 25, winning 16-13. Alex Barnett, who joined the Falcons in the offseason, leads the team in goals and assists.

🥏 Oakland Spiders

The Oakland Spiders are only two games into their season, but so far so good. The undefeated team are in first place in the Ultimate Frisbee Association after beating the Oregon Steel 34-11 in their opener on April 26 and taking down the Salt Lake Shred 25-15 on May 2.

Oakland Sports Calendar

🥏 Bay Area Falcons 'Women's Empowerment Night' vs. Los Angeles Astra

The first place Falcons are riding high heading into their home game against the fourth place Astra. The "Women's Empowerment Night" match includes a special door prize and a Rising Stars Showcase Game. Children under 14 get in free.

May 9, 6 p.m., Fremont High School, 4610 Foothill Blvd., Oakland, tickets from $10

⚽ Oakland Roots 'AAPI Night' vs. El Paso Locomotive FC

Off to the best start in team history, the fourth place Roots return home to take on the third place Locomotive. They'll celebrate Asian American and Pacific Islander Heritage Month with a halftime show by Oakland rapper Seiji Oda.

May 9, 7 p.m., Oakland Coliseum, 7000 S. Coliseum Way, Oakland, tickets from $24

⚽ Oakland Soul season opener vs. Marin FC Sirens

The Oakland Soul kick off their season on Mother's Day with a match against rival Marin FC. To help you celebrate, the Soul are offering Mother's Day Special tickets that come with a flower and a drink of her choice.

May 10, 3 p.m., Merritt College, 12500 Campus Dr., Oakland, tickets from $26

🛼 WFTDA North America playoffs

In a rare opportunity to see some of the best roller derby players in the world all in one place, the Oakland-based Bay Area Derby is hosting the Women's Flat Track Derby Association regional playoffs. Thirteen teams from the Western U.S. and Mexico – including the Rat City Rollers (Seattle), the Axles of Annihilation (Portland) and the Mile

High Club (Denver, of course) – will compete in 16 games over three days for a chance to compete in the world championships in Sweden.

May 15 and 16, 10 a.m. to 9:30 p.m.; May 17, 11 a.m. to 6:30 p.m., Richmond Memorial Auditorium, 403 Civic Center Plz., Richmond, tickets from $39.19

⚽ Oakland Roots 'Hometown Heroes' night vs. Sacramento Republic FC

The Roots are looking for a win in a USL Cup match against the team currently in first place in their group. The matchup is "Hometown Heroes" night, celebrating first responders, teachers, nurses, local businesses and community leaders.

May 16, 5 p.m., Oakland Coliseum, 7000 S. Coliseum Way, Oakland, tickets from $24

🥏 Oakland Spiders vs. San Diego Growlers

In their third home game of the season, the Oakland Spiders will take on the San Diego Growlers. Children under 13 get in free.

May 17, 3 p.m., Fremont High School, 4610 Foothill Blvd., Oakland, tickets from $24

⚾ Oakland Ballers Season Opener vs. Missoula Paddleheads

It's Opening Day for the reigning Pioneer League champions, the Oakland Ballers, who take on the Missoula Paddleheads in the first game of their homestand.

May 19, 6:35 p.m., Raimondi Park, 1689 20th St., Oakland, tickets from $17.12

⚾ Oakland Ballers 'Ring Night' vs. Missoula Paddleheads

The second game of the Ballers season features their championship ring ceremony and a giveaway that the team describes as "extra gold."

May 20, 6:35 p.m., Raimondi Park, 1689 20th St., Oakland, tickets from $17.12

⚾ Oakland Ballers 'Too $hort Night' vs. Missoula Paddleheads

The Ballers complete their series with the Paddleheads on the team's first Thirsty Thursday of the season, with a "510 Happy Hour" of $5 beers and $10 wine and cocktails from when the gates open until the game starts. A Too $hort bobblehead giveaway to the first 750 fans is another incentive to get there early.

May 21, 6:35 p.m., Raimondi Park, 1689 20th St., Oakland, tickets from $17.12

⚾ Oakland Ballers vs. Long Beach Coast

Long Beach Coast comes to town for the weekend series, which starts Friday with “Unauthorized Bash Brothers Night” to unofficially celebrate the Oakland A’s 1980's homerun hitting duo of Jose Canseco and Mark McGwire.

May 22, 6:35 p.m., Raimondi Park, 1689 20th St, Oakland, tickets from $17.12

⚾ Oakland Ballers vs. Long Beach Coast

The Ballers are hosting “Block Party Saturdays” this season, when the park opens early for live music shows two hours before the game. They are kicking off the first one with an album release party for 10-year-old Vallejo phenom Big Ave.

May 23, 4:35 p.m., Raimondi Park, 1689 20th St, Oakland, tickets from $17.12

🏀 Golden State Valkyries vs. Indiana Fever ‘People’s Watch Party’

The People’s Watch Party is bringing their community of women’s sports fans back to Jack London Square to watch the Valkyries’ away game against Caitlin Clark and the Fever. Everyone who attends will be entered into a raffle with prizes given out during game stoppages.

May 22, 4 p.m. (tipoff at 4:40 p.m.), Xingones Restaurant, 190 4th St., Oakland, free admission

⚾ Oakland Ballers vs. Long Beach Coast

For families bringing their kids to the Ballers’ first day game of the season, the team is continuing its Pixar Animation partnership with a “Toy Story 5” theme in advance of the movie’s June release.

May 24, 1:05 p.m., Raimondi Park, 1689 20th St., Oakland, tickets from $17.12

⚽ Oakland Soul vs. California Storm

For their second home game, the Soul host the California Storm from Davis.

May 24, 3 p.m., Merritt College, 12500 Campus Dr., Oakland, tickets from $26

⚾ Oakland Ballers vs. Long Beach Coast

The Long Beach Coast extend their stay in Oakland with “Scrubs and Scrappy” night to show appreciation for nurses.

May 26, 6:35 p.m., Raimondi Park, 1689 20th St., Oakland, tickets from $17.12

⚾ Oakland Ballers vs. Long Beach Coast

In a rare weekday day game, the Ballers continue their series against the Coast on OUSD Field Trip Day.

May 27, 1:05 p.m., Raimondi Park, 1689 20th St, Oakland, tickets from $17.12

⚾ Oakland Ballers vs. Long Beach Coast

The Ballers close out their series with the Coast on Thirsty Thursday with pregame drink specials and a “Ballers Save the Earth (No Big Deal)” theme.

May 28, 6:35 p.m., Raimondi Park, 1689 20th St., Oakland, tickets from $17.12

🥏 Oakland Spiders vs. San Diego Growlers and Bay Area Falcons vs. Oregon Soar

In the first game of a doubleheader, the Oakland Spiders take on the San Diego Growlers. Then their sibling squad, the first place Bay Area Falcons, play the Oregon Soar in their final game of the regular season.

May 30, 3 and 6 p.m., Fremont High School, 4610 Foothill Blvd., Oakland, tickets from $30 (includes both games)

⚾ Oakland Ballers ‘Pride Night’ vs. RedPocket Mobiles

A weekend series against the RedPocket Mobiles starts with the Ballers celebrating LGBTQ+ pride.

May 30, 4:35 p.m., Raimondi Park, 1689 20th St, Oakland, tickets from $17.12

⚽ Oakland Roots vs. Colorado Springs Switchbacks FC

The Roots host the 2024 USL League Champions as they continue their quest to make the postseason.

May 30, 5 p.m., Oakland Coliseum, 7000 S. Coliseum Way, Oakland, tickets from $24

PHOTOS:

- Valkyries jersey unveiling at Oakland City Hall credit Golden State Valkyries
- Oakland Roots photos from 4/22 game against Las Vegas Lights FC credit Oakland Roots SC

- Oakland roots photos from 4/18 game against Tulsa FC credit Oakland Roots SC
- Photos from Golden State Storm final home game 5/2 vs Oregon Ravens - credit Golden State Storm https://mr3photography.pic-time.com/4Lg1u7JfYrAjM