**NORTH BAY LEAGUE**

**Cross Country Schedule, 2023 – 2024**

Revises 7/26/23

| Pre-season meeting: | TBA |
| --- | --- |
| First day of practice: | Monday, August 7 |
| Number of contests: | 14 meetsA maximum of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season. |
| Meet time: |  |

| **OAK** |  | **REDWOOD** |
| --- | --- | --- |
| **WEDNESDAY, SEPTEMBER 27** |  | **WEDNESDAY, SEPTEMBER 27** |
| Windsor at Montgomery |  | Rancho Cotate at Analy |
| Piner at Maria Carrillo |  | Ukiah at Cardinal Newman |
| Santa Rosa bye |  | Healdsburg at St Vincent/Elsie Allen |
|  |  |  |
| **WEDNESDAY, OCTOBER 4** |  | **WEDNESDAY, OCTOBER 4** |
| Windsor at Maria Carrillo |  | Ukiah at Rancho Cotate |
| Santa Rosa at Piner |  | Cardinal Newman at Healdsburg |
| Montgomery bye |  | Analy at St. Vincent/Elsie Allen |
|  |  |  |
| **WEDNESDAY, OCTOBER 11** |  | **WEDNESDAY, OCTOBER 11** |
| Maria Carrillo at Montgomery |  | Analy at Ukiah |
| Santa Rosa at Windsor |  | Rancho Cotate at Healdsburg |
| Piner bye |  | Elsie Allen/St. Vincent at Cardinal Newman |
|  |  |  |
| **WEDNESDAY, OCTOBER 18** |  | **WEDNESDAY, OCTOBER 18** |
| Windsor bye |  | Elsie Allen/St. Vincent at Rancho Cotate |
| Montgomery at Piner |  | Cardinal Newman at Analy |
| Maria Carrillo at Santa Rosa |  | Ukiah at Healdsburg |
|  |  |  |
| **WEDNESDAY, OCTOBER 25** |  | **WEDNESDAY, OCTOBER 25** |
| Montgomery at Santa Rosa |  | Healdsburg at Analy |
| Maria Carrillo bye |  | Elsie Allen/St. Vincent at Ukiah |
| Piner at Windsor |  | Cardinal Newman at Rancho Cotate |
|  |  |  |
| **WEEK OF NOVEMBER 6** |  | **NOVEMBER 2nd Redwood 3rd Oak** |
| NBL Championship Meet |  | November 2nd Redwood @ Spring Lake |
| Site and host(s) TBD |  | November 3rd Oak @ Spring Lake |

NCS/Les Schwab Tires Championships

Final date for competition other than NCS Championships: November 14

NCS entries due: November 13 (11:59 PM)

Meet of Champions: November 18

CIF Cross Country Championships: November 25, Woodward Park, Fresno

**Note:**

**If St. Vincent fields a cross country team in the 2022 – 2023 season, they will be grouped with Elsie Allen in all meets. Elsie Allen and St. Vincent will rotate hosting home events or work together to host at either Elsie Allen or St. Vincent.**