**NORTH BAY LEAGUE**

**Cross Country Schedule, 2022 – 2023**

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| Pre-season meeting: | Monday, August 2, 5:00 PM, site MHS Room 80 |
| First day of practice: | Monday, August 8 |
| 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: |  |

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| **OAK** |  | **REDWOOD** |
| **WEDNESDAY, SEPTEMBER 28** |  | **WEDNESDAY, SEPTEMBER 28** |
| Montgomery at Windsor |  | West County at Rancho Cotate |
| Maria Carrillo at Piner |  | Cardinal Newman at Ukiah |
| Santa Rosa bye |  | Elsie Allen at Healdsburg |
|  |  |  |
| **WEDNESDAY, OCTOBER 5** |  | **WEDNESDAY, OCTOBER 5** |
| Maria Carrillo at Windsor |  | Rancho Cotate at Ukiah |
| Piner at Santa Rosa |  | Healdsburg at Cardinal Newman |
| Montgomery |  | Elsie Allen at West County |
|  |  |  |
| **WEDNESDAY, OCTOBER 12** |  | **WEDNESDAY, OCTOBER 12** |
| Montgomery at Maria Carrillo |  | Ukiah at West County |
| Windsor at Santa Rosa |  | Healdsburg at Rancho Cotate |
| Piner bye |  | Cardinal Newman at Elsie Allen |
|  |  |  |
| **WEDNESDAY, OCTOBER 19** |  | **WEDNESDAY, OCTOBER 19** |
| Windsor bye |  | Rancho Cotate at Elsie Allen |
| Piner at Montgomery |  | West County at Cardinal Newman |
| Santa Rosa at Maria Carrillo |  | Healdsburg at Ukiah |
|  |  |  |
| **WEDNESDAY, OCTOBER 26** |  | **WEDNESDAY, OCTOBER 26** |
| Santa Rosa at Montgomery |  | West County at Healdsburg |
| Maria Carrillo bye |  | Ukiah at Elsie Allen |
| Windsor at Piner |  | Rancho Cotate at Cardinal Newman |
|  |  |  |
| **WEEK OF NOVEMBER 4th & 5th** |  | **WEEK OF NOVEMBER 4th &5th** |
| NBL Championship Meet |  | NBL Championship Meet |
| Site and host(s) TBD |  | Site and host(s) TBD |

NCS/Les Schwab Tires Championships

Final date for competition other than NCS Championships: November 12

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

Meet of Champions: November 19

CIF Cross Country Championships: November 26, 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.**