

**NORTH BAY LEAGUE**

**Wrestling Schedule, 2023 – 2024**

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| Preseason meeting: | TBD | |
| First day of practice: | Monday, October 30 | |
| Number of contests: | Maximum 40 matches. Two scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season. | |
| Match time: | Start at 6 PM: JV boys, Varsity girls, Varsity boys | |
| Weight Assessments begin: 10-15-23 | | |
| 2-pound growth allowance: 01-01-24 | | |
| Weight Assessments end: 01-15-24 | | |
| NCS Liaison for wrestling is Sonjha Phillips, email: [sphillips@cifncs.org](mailto:sphillips@cifncs.org) | | |
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| **OAK DIVISION** | | **REDWOOD DIVISION** |
| **WEDNESDAY, JANUARY 10** | | **WEDNESDAY, JANUARY 10** |
| Cardinal Newman at Healdsburg  Ukiah at Maria Carrillo  Elsie Allen at Windsor | | Analy at St. Vincent’s  Rancho Cotate at Montgomery  Piner at Santa Rosa |
| **WEDNESDAY, JANUARY 17** | | **WEDNESDAY, JANUARY 17** |
| Healdsburg at Windsor  Maria Carrillo at Elsie Allen  Ukiah at Cardinal Newman | | St. Vincent’s at Piner  Rancho Cotate at Analy  Montgomery at Santa Rosa |
| **WEDNESDAY, JANUARY 24** | | **WEDNESDAY, JANUARY 24** |
| Windsor / Cardinal Newman at Maria Carrillo  Healdsburg / Elsie Allen at Ukiah | | Piner / Analy at Montgomery  Santa Rosa / St. Vincent at Rancho Cotate |
| **WEDNESDAY, JANUARY 31** | | **WEDNESDAY, JANUARY 31** |
| Elsie Allen at Cardinal Newman  Maria Carrillo at Healdsburg  Windsor at Ukiah | | Montgomery at St. Vincent’s  Rancho Cotate at Piner  Santa Rosa at Analy |
| **FRIDAY AND SATURDAY, FEBRUARY 9 AND 10** | | |
| NBL Qualifying tournament for NCS Championships | | |

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| **BOYS AND GIRLS WRESTLING** | |
| Final date for competition other than league individual qualifying tournament or NCS and CIF Championships | January 31 |
| **Deadline for NBL to determine dual team qualifiers & at-large applications due** | **Jan. 31, 10 PM** |
| Dual Team Competition (student competition) | February 3 |
| **NBL BOYS’ QUALIFIER TOURNAMENT SEEDING & GIRLS FINAL NBL TOURNEY SEEDING** | **February 7** |
| Deadline for NBL to determine individual qualifiers | February 10 |
| **NCS GIRLS’ ENTRIES DUE** | **February 10, 5 PM** |
| **NCS BOYS’ ENTRIES DUE** | **February 10, 11:59 PM** |
| NCS Seeding Meeting | February 11 |
| NCS Championships | February 16 - 17 |
| State CIF Championships | February 22 - 24 |