

**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 |
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| **OAK DIVISION** | **REDWOOD DIVISION** |
| **WEDNESDAY, JANUARY 10** | **WEDNESDAY, JANUARY 10** |
| Cardinal Newman at HealdsburgUkiah at Maria CarrilloElsie Allen at Windsor | Analy at St. Vincent’s Rancho Cotate at MontgomeryPiner at Santa Rosa  |
| **WEDNESDAY, JANUARY 17** | **WEDNESDAY, JANUARY 17** |
| Healdsburg at WindsorMaria Carrillo at Elsie Allen Ukiah at Cardinal Newman | St. Vincent’s at Piner Rancho Cotate at AnalyMontgomery at Santa Rosa  |
| **WEDNESDAY, JANUARY 24** | **WEDNESDAY, JANUARY 24** |
| Windsor / Cardinal Newman at Maria CarrilloHealdsburg / Elsie Allen at Ukiah | Piner / Analy at MontgomerySanta Rosa / St. Vincent at Rancho Cotate |
| **WEDNESDAY, JANUARY 31** | **WEDNESDAY, JANUARY 31** |
| Elsie Allen at Cardinal NewmanMaria Carrillo at HealdsburgWindsor at Ukiah | Montgomery at St. Vincent’sRancho Cotate at PinerSanta 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 |