

**NORTH BAY LEAGUE**

**Wrestling Schedule, 2024 – 2025**

**Revised 3/9/24**

| Preseason meeting: | TBD |
| --- | --- |
| First day of practice: | Monday, November 4th  |
| 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:  |
| 2-pound growth allowance:  |
| Weight Assessments end:  |
| NCS Liaison for wrestling is Sonjha Phillips, email: sphillips@cifncs.org |
|  |
| **OAK DIVISION** | **REDWOOD DIVISION** |
| **WEDNESDAY, JANUARY 8** | **WEDNESDAY, JANUARY 8** |
| Ukiah at Cardinal NewmanHealdsburg at MontgomeryWindsor at Maria Carrillo | Piner at AnalyElsie Allen at Rancho CotateSanta Rosa at St. Vincent  |
| **WEDNESDAY, JANUARY 15** | **WEDNESDAY, JANUARY 15** |
| Cardinal Newman at HealdsburgMontgomery at Windsor Maria Carrillo at Ukiah | Analy at Elsie AllenRancho Cotate at Santa RosaSt. Vincent at Piner  |
| **WEDNESDAY, JANUARY 22** | **WEDNESDAY, JANUARY 22** |
| Healdsburg at UkiahWindsor at Cardinal NewmanMontgomery at Maria Carrillo |  Elsie Allen at PinerSanta Rosa at AnalyRancho Cotate at St. Vincent |
| **WEDNESDAY, JANUARY 29** | **WEDNESDAY, JANUARY 29** |
| Cardinal Newman at Maria CarrilloUkiah at MontgomeryHealdsburg at Windsor | Analy at St. VincentPiner at Rancho CotateElsie Allen at Santa Rosa |
| **WEDNESDAY, FEBRUARY 5** | **WEDNESDAY, FEBRUARY 5** |
|  Ukiah at WindsorMaria Carrillo at HealdsburgMontgomery at Cardinal Newman | Piner at Santa RosaSt. Vincent at Elsie AllenRancho Cotate at Analy |
| **SATURDAY, FEBRUARY 15** |
| NBL Qualifying tournament for NCS Championships  |

| **BOYS AND GIRLS WRESTLING** |
| --- |
| Final date for competition other than league individual qualifying tournament or NCS and CIF Championships | February 5th |
| **Deadline for NBL to determine dual team qualifiers & at-large applications due** | **Feb. 5, 10 PM** |
| Dual Team Competition (student competition) | February 8 |
| **NBL BOYS’ QUALIFIER TOURNAMENT SEEDING & GIRLS FINAL NBL TOURNEY SEEDING** | **February 12** |
| Deadline for NBL to determine individual qualifiers  | February 15 |
| **NCS GIRLS’ ENTRIES DUE** | **February 15, 5 PM** |
| **NCS BOYS’ ENTRIES DUE** | **February 15, 11:59 PM** |
| NCS Seeding Meeting | February 16 |
| NCS Championships  | February 21 - 22 |
| State CIF Championships | February 27 - 28, Mar. 1 |