

**NORTH BAY LEAGUE**

**Wrestling Schedule, 2024 – 2025**

**Revised 3/9/24**

| Preseason meeting: | TBD | |
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| 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](mailto:sphillips@cifncs.org) | | |
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| **OAK DIVISION** | | **REDWOOD DIVISION** |
| **WEDNESDAY, JANUARY 8** | | **WEDNESDAY, JANUARY 8** |
| Ukiah at Cardinal Newman  Healdsburg at Montgomery  Windsor at Maria Carrillo | | Piner at Analy  Elsie Allen at Rancho Cotate  Santa Rosa at St. Vincent |
| **WEDNESDAY, JANUARY 15** | | **WEDNESDAY, JANUARY 15** |
| Cardinal Newman at Healdsburg  Montgomery at Windsor  Maria Carrillo at Ukiah | | Analy at Elsie Allen  Rancho Cotate at Santa Rosa  St. Vincent at Piner |
| **WEDNESDAY, JANUARY 22** | | **WEDNESDAY, JANUARY 22** |
| Healdsburg at Ukiah  Windsor at Cardinal Newman  Montgomery at Maria Carrillo | | Elsie Allen at Piner  Santa Rosa at Analy  Rancho Cotate at St. Vincent |
| **WEDNESDAY, JANUARY 29** | | **WEDNESDAY, JANUARY 29** |
| Cardinal Newman at Maria Carrillo  Ukiah at Montgomery  Healdsburg at Windsor | | Analy at St. Vincent  Piner at Rancho Cotate  Elsie Allen at Santa Rosa |
| **WEDNESDAY, FEBRUARY 5** | | **WEDNESDAY, FEBRUARY 5** |
| Ukiah at Windsor  Maria Carrillo at Healdsburg  Montgomery at Cardinal Newman | | Piner at Santa Rosa  St. Vincent at Elsie Allen  Rancho Cotate at Analy |
| **SATURDAY, FEBRUARY 15** | | |
| NBL Qualifying tournament for NCS Championships | | |

| **BOYS AND GIRLS WRESTLING** | |
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| 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 |