**NORTH BAY LEAGUE REDWOOD DIVISION**

**Swimming & Diving Schedule, 2022 – 2023**

REVISED 2/1/23

| Preseason Meeting: | TBD |
| --- | --- |
| First day of practice: | Monday, February 6 |
| Number of contests: | 14 meets. Two (2) scrimmages are permissible prior to the first contest (league or nonleague) of the season. Each meet counts as one contest. |
| Meet time: | Ives: 3/3:30; Finley: 2/2:30; Ridgway, 2/2:30; Rancho, 2/2:30; Healdsburg, 3:30/4; Cardinal Newman, 3/3:30 |

| **WEDNESDAY, MARCH 1** | **TUESDAY, APRIL 4** |
| --- | --- |
| Healdsburg at Piner (TBD) | Piner at Healdsburg |
| Analy bye | Analy bye |
| Rancho Cotate at Windsor (Healdsburg) | Windsor at Rancho Cotate |
|  |  |
| **WEDNESDAY, MARCH 8** | **THURSDAY, APRIL 6** |
| Rancho Cotate at Healdsburg  | Healdsburg at Rancho Cotate |
| Piner at Analy (Ives) | Analy at Piner (TBD) |
| Windsor Bye | Windsor bye |
|  |  |
| **TUESDAY, MARCH 14** | **TUESDAY, APRIL 11** |
| Healdsburg at Windsor (Healdsburg) | Windsor at Healdsburg |
| Analy at Rancho Cotate  | Rancho Cotate at Analy (Ives) |
| Piner bye | Piner bye |
|  |  |
| **THURSDAY, MARCH 16** | **THURSDAY, APRIL 13** |
| Rancho Cotate bye | Rancho Cotate bye |
| Piner at Windsor (Healdsburg) | Windsor at Piner (TBD) |
| Healdsburg at Analy (Ives) | Analy at Healdsburg |
|  |  |
| **WEDNESDAY, MARCH 29** | **WEDNESDAY, APRIL 19** |
| Windsor at Analy (Ives) | Analy at Windsor (Healdsburg) |
| Healdsburg bye | Healdsburg bye |
| Piner at Rancho Cotate | Rancho Cotate at Piner (TBD) |

**NBL AND NCS CHAMPIONSHIP INFORMATION**

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| March 4: | Santa Rosa Junior College High School Invitational |
| --- | --- |
| April 24: | Deadline for NBL meet qualifiers |
| April 26: | NBL Qualifying Championship seeding, 7 PM |
| April 28: | Championship prelims; warm-up, 11 – 11:45; start at 12 PM |
| April 29: | Championship finals; warm-up, 8 – 8:45; Meet starts at 9 |
| April 29: | Deadline for leagues to determine qualifiers |
| April 29: | Final date for competition other than NCS Championships |
| April 30: | NCS entries due by 1:15 PM |
| May 1: | Seeding meeting |
| May 4: | \*Diving Championship |
| May 5: | \*Swimming trials |
| May 6: | Swimming Championships |
| May 11-13: | CIF State Championships |

\*When the venue for the swimming and diving championship allows both activities to be held in the same location, the diving championships will be held on the same day as the swimming trials. |
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