**NORTH BAY LEAGUE OAK DIVISION**

**Swimming & Diving Schedule, 2023 – 2024**

REVISED 10/6/23

| Preseason Meeting: | TBD |
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| First day of practice: | Monday, February 5 |
| Number of contests: | 14 meets. Two (2) scrimmages are permissible prior to the first contest (league or non league) 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, FEBRUARY 28** | **TUESDAY, APRIL 2** |
| --- | --- |
| Montgomery at Maria Carrillo (TBD) | Maria Carrillo at Montgomery (TBD) |
| Cardinal Newman bye | Cardinal Newman bye |
|  | Santa Rosa at Ukiah (Ukiah) |
| **THURSDAY, FEBRUARY, 29**Ukiah at Santa Rosa(TBA) |  |
| **WEDNESDAY, MARCH 6** | **THURSDAY, APRIL 4** |
| Maria Carrillo at Santa Rosa (TBD) | Santa Rosa at Maria Carrillo (TBD) |
| Ukiah Bye | Montgomery at Cardinal Newman (SRJC) |
| **THURSDAY, MARCH 7**Cardinal Newman at Montgomery (TBA) | Ukiah bye |
|  |  |
| **TUESDAY, MARCH 12** | **TUESDAY, APRIL 9** |
| Ukiah at Maria Carrillo (TBA) | Maria Carrillo at Ukiah (Ukiah) |
| Santa Rosa at Cardinal Newman (SRJC) | Cardinal Newman at Santa Rosa (TBA) |
| Montgomery bye | Montgomery bye |
|  |  |
| **THURSDAY, MARCH 14** | **THURSDAY, APRIL 11** |
| Santa Rosa bye | Santa Rosa bye |
| Montgomery at Ukiah (Ukiah) | Ukiah at Montgomery (TBA) |
| Cardinal Newman at Maria Carrillo (TBA) | Maria Carrillo at Cardinal Newman (SRJC) |
|  |  |
| **WEDNESDAY, MARCH 27** | **WEDNESDAY, APRIL 17** |
| Cardinal Newman at Ukiah (Ukiah) | Ukiah at Cardinal Newman (SRJC) |
| Maria Carrillo bye | Maria Carrillo bye |
| Santa Rosa at Montgomery (TBD) | Montgomery at Santa Rosa (TBD) |

**NBL AND NCS CHAMPIONSHIP INFORMATION**

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| TBA | Santa Rosa Junior College High School Invitational |
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| April 22: | Deadline for NBL meet qualifiers |
| April 24: | NBL Qualifying Championship seeding, 7 PM |
| April 26: | Championship prelims; warm-up, 11 – 11:45; start at 12 PM |
| April 27: | Championship finals; warm-up, 8 – 8:45; Meet starts at 9 |
| April 27: | Deadline for leagues to determine qualifiers |
| April 27: | Final date for competition other than NCS Championships |
| April 28: | NCS entries due by 1:15 PM |
| April 29: | Seeding meeting |
| May 2: | \*Diving Championship |
| May 3: | \*Swimming trials |
| May 4: | Swimming Championships |
| May 9-11: | 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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