



**NORTH BAY LEAGUE OAK DIVISION
Swimming & Diving Schedule, 2024 – 2025**

REVISED 9/5/24
Voted 12/13/24



Preseason Meeting:	December 11, 2024 6:00pm Montgomery, Room 80
First day of practice:	Monday, February 10
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, Ukiah 4:30/5:00 PM

<u>WEDNESDAY, MARCH 12</u>
Maria Carrillo at Cardinal Newman (TBD)
Santa Rosa bye
Montgomery at Ukiah (Ukiah)
<u>WEDNESDAY, MARCH 26</u>
Ukiah at Maria Carrillo (TBD)
Cardinal Newman at Santa Rosa (TBD)
Montgomery bye
<u>WEDNESDAY, APRIL 2</u>
Santa Rosa at Maria Carrillo (TBD)
Cardinal Newman at Montgomery (TBD)
Ukiah bye
<u>WEDNESDAY, APRIL 9</u>
Maria Carrillo bye
Montgomery at Santa Rosa (TBD)
Ukiah at Cardinal Newman (TBD)
<u>WEDNESDAY, APRIL 16</u>
Santa Rosa at Ukiah (Ukiah)
Cardinal Newman bye
Maria Carrillo at Montgomery (TBD)

NBL AND NCS CHAMPIONSHIP INFORMATION

TBA	Santa Rosa Junior College High School Invitational
April 28:	Deadline for NBL meet qualifiers
April 30:	NBL Qualifying Championship seeding, 7 PM
May 2:	Championship prelims; warm-up, 11 – 11:45; start at 12 PM
May 3:	Championship finals; warm-up, 8 – 8:45; Meet starts at 9
May 3:	Deadline for leagues to determine qualifiers
May 3:	Final date for competition other than NCS Championships
May 4:	NCS entries due by 1:15 PM
May 5:	Seeding meeting
May 8:	*Diving Championship
May 9:	*Swimming trials
May 10:	Swimming Championships
May 15-17:	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.