**NORTH BAY LEAGUE**

**Track Schedule, 2022 – 2023**

Revsied 10/25

| Preseason coach meeting:  | TBD |
| --- | --- |
| First day of practice: | Monday, February 6 |
| Number of contests: | 14 contests. Two scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season. |
| Meet time: | 3:45 PM |

| **OAK** |  | **REDWOOD** |
| --- | --- | --- |
| ***WEDNESDAY, MARCH 29****Montgomery at Maria Carrillo**Windsor at Santa Rosa**Analy bye* |  | ***WEDNESDAY, MARCH 29****Ukiah at Piner**Rancho Cotate at Cardinal Newman**Elsie Allen at Healdsburg* |
|  |  |  |
| **WEDNESDAY, APRIL 5**Maria Carrillo at Santa RosaAnaly at WindsorMontgomery bye |  | **WEDNESDAY, APRIL 5**Cardinal Newman at UkiahRancho Cotate at HealdsburgElsie Allen at Piner |
|  |  |  |
| **WEDNESDAY, APRIL 12**Santa Rosa at MontgomeryMaria Carrillo at AnalyWindsor bye |  | **WEDNESDAY, APRIL 12**Cardinal Newman at PinerHealdsburg at UkiahElsie Allen at Rancho Cotate |
|  |  |  |
| **WEDNESDAY, APRIL 19**Maria Carrillo byeMontgomery at WindsorSanta Rosa at Analy |  | **WEDNESDAY, APRIL 19**Ukiah at Elsie AllenPiner at Rancho CotateCardinal Newman at Healdsburg |
|  |  |  |
| **WEDNESDAY, APRIL 26**Analy at MontgomerySanta Rosa byeWindsor at Maria Carrillo |  | **WEDNESDAY, APRIL 26**Piner at HealdsburgElsie Allen at Cardinal NewmanRancho Cotate at Ukiah |

**IMPORTANT NBL, NCS AND CIF DATES**

NBL Meet: Wednesday, May 3 and Friday, May 5 site and host TBD

Deadline for leagues to determine qualifiers: Saturday, May 6

Final date for competition other than NCS or CIF Championships: Saturday, May 6

Class A Classification Championships: May 13

Area Meets--Redwood Empire Meet: May 13

NCS Meet of Champions: May 19, 20

CIF State Track Championships: May 26-27