**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 Rosa  Analy at Windsor  Montgomery bye |  | **WEDNESDAY, APRIL 5**  Cardinal Newman at Ukiah  Rancho Cotate at Healdsburg  Elsie Allen at Piner |
|  |  |  |
| **WEDNESDAY, APRIL 12**  Santa Rosa at Montgomery  Maria Carrillo at Analy  Windsor bye |  | **WEDNESDAY, APRIL 12**  Cardinal Newman at Piner  Healdsburg at Ukiah  Elsie Allen at Rancho Cotate |
|  |  |  |
| **WEDNESDAY, APRIL 19**  Maria Carrillo bye  Montgomery at Windsor  Santa Rosa at Analy |  | **WEDNESDAY, APRIL 19**  Ukiah at Elsie Allen  Piner at Rancho Cotate  Cardinal Newman at Healdsburg |
|  |  |  |
| **WEDNESDAY, APRIL 26**  Analy at Montgomery  Santa Rosa bye  Windsor at Maria Carrillo |  | **WEDNESDAY, APRIL 26**  Piner at Healdsburg  Elsie Allen at Cardinal Newman  Rancho 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