**NORTH BAY LEAGUE**

**Track Schedule, 2023 – 2024**

Revised 3/6/24

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| Preseason coach meeting: | TBD |
| First day of practice: | Monday, February 5 |
| Number of contests: | 14 contests. Two scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season. |
| Meet time: | 4:00 PM |

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| **OAK** |  | **REDWOOD** |
| ***WEDNESDAY, MARCH 27***  *Maria Carrillo at Montgomery*  *Santa vRosa at Windsor*  *Analy bye* |  | ***WEDNESDAY, MARCH 27***  *Piner at Ukiah*  *Cardinal Newman at Rancho Cotate*  *Healdsburg Bye* |
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| **WEDNESDAY, APRIL 3**  Santa Rosa at Maria Carrillo  Windsor at Analy  Montgomery bye |  | **WEDNESDAY, APRIL 3**  Ukiah at Cardinal Newman  Rancho Cotate at Healdsburg  Piner Bye |
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| **WEDNESDAY, APRIL 10**  Montgomery at Santa Rosa  Analy at Maria Carrillo  Windsor bye |  | **WEDNESDAY, APRIL 10**  Piner at Cardinal Newman  Ukiah at Healdsburg  Rancho Cotate Bye |
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| **WEDNESDAY, APRIL 17**  Maria Carrillo bye  Windsor at Montgomery  Analy at Santa Rosa |  | **WEDNESDAY, APRIL 17**  Ukiah Bye  Rancho Cotate at Piner  Healdsburg at Cardinal Newman |
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| **WEDNESDAY, APRIL 24**  Montgomery at Analy  Santa Rosa bye  Maria Carrillo at Windsor |  | **WEDNESDAY, APRIL 24**  Healdsburg at Piner  Cardinal Newman Bye  Ukiah at Rancho Cotate |

**IMPORTANT NBL, NCS AND CIF DATES**

NBL Meet: Tuesday, April 30 and Thursday, May 2 site Santa Rosa

Deadline for leagues to determine qualifiers: Saturday, May 4

Final date for competition other than NCS or CIF Championships: Saturday, May 4

Class A Classification Championships: May 11

Area Meets--Redwood Empire Meet: May 11

NCS Meet of Champions: May 17, 18

CIF State Track Championships: May 24-25