**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 CarrilloWindsor at AnalyMontgomery bye |  | **WEDNESDAY, APRIL 3**Ukiah at Cardinal NewmanRancho Cotate at HealdsburgPiner Bye |
|  |  |  |
| **WEDNESDAY, APRIL 10**Montgomery at Santa RosaAnaly at Maria CarrilloWindsor bye |  | **WEDNESDAY, APRIL 10**Piner at Cardinal NewmanUkiah at HealdsburgRancho Cotate Bye |
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| **WEDNESDAY, APRIL 17**Maria Carrillo byeWindsor at MontgomeryAnaly at Santa Rosa |  | **WEDNESDAY, APRIL 17**Ukiah ByeRancho Cotate at PinerHealdsburg at Cardinal Newman |
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| **WEDNESDAY, APRIL 24**Montgomery at AnalySanta Rosa byeMaria Carrillo at Windsor |  | **WEDNESDAY, APRIL 24**Healdsburg at PinerCardinal Newman ByeUkiah 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