



# NORTH BAY LEAGUE

## Wrestling Schedule, 2026 – 2027

Revised 4/3/26



Preseason meeting:	TBD
First day of practice:	Monday, November 2nd
Number of contests:	Maximum 40 matches. Two scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season.
Match time:	Start at 6 PM: JV boys, Varsity girls, Varsity boys
Weight Assessments begin:	
2-pound growth allowance:	
Weight Assessments end:	
NCS Liaison for wrestling is Sonjha Phillips, email:	<a href="mailto:sphillips@cifncs.org">sphillips@cifncs.org</a>
<b>OAK DIVISION</b>	
<b>REDWOOD DIVISION</b>	
<b><u>WEDNESDAY, December 16</u></b>	<b><u>WEDNESDAY, December 16</u></b>
Ukiah at Healdsburg Montgomery at Maria Carrillo Windsor Bye	Elsie Allen at Piner Santa Rosa at Analy Rancho Cotate at Cardinal Newman
<b><u>WEDNESDAY, JANUARY 6</u></b>	<b><u>WEDNESDAY, JANUARY 6</u></b>
Maria Carrillo at Ukiah Healdsburg at Windsor Montgomery Bye	Piner at Santa Rosa Analy at Rancho Cotate Cardinal Newman at Elsie Allen
<b><u>WEDNESDAY, JANUARY 13</u></b>	<b><u>WEDNESDAY, JANUARY 13</u></b>
Windsor at Maria Carrillo Ukiah at Montgomery Healdsburg Bye	Santa Rosa at Elsie Allen Rancho Cotate at Piner Analy at Cardinal Newman
<b><u>WEDNESDAY, JANUARY 20</u></b>	<b><u>WEDNESDAY, JANUARY 20</u></b>
Montgomery at Windsor Maria Carrillo at Healdsburg Ukiah Bye	Piner at Cardinal Newman Elsie Allen at Analy Santa Rosa at Rancho Cotate
<b><u>TUESDAY, JANUARY 26</u></b>	<b><u>TUESDAY, JANUARY 26</u></b>
Healdsburg at Montgomery Windsor at Ukiah Maria Carrillo Bye	Rancho Cotate at Elsie Allen Cardinal Newman at Santa Rosa Analy at Piner
<b><u>SATURDAY, FEBRUARY 6</u></b>	
NBL Qualifying tournament for NCS Championships	

### BOYS AND GIRLS WRESTLING

Final date for competition other than league individual qualifying tournament or NCS and CIF Championships	January 27th
<b>Deadline for NBL to determine dual team qualifiers &amp; at-large applications due</b>	<b>Jan. 27, 10 PM</b>
Dual Team Competition (student competition)	January 30
<b>NBL BOYS' QUALIFIER TOURNAMENT SEEDING &amp; GIRLS FINAL NBL TOURNEY SEEDING</b>	<b>February 3, 2025</b>
Deadline for NBL to determine individual qualifiers	February 6
<b>NCS GIRLS' ENTRIES DUE</b>	<b>February 6, 5 PM</b>
<b>NCS BOYS' ENTRIES DUE</b>	<b>February 6, 5 PM</b>
NCS Seeding Meeting Boys	February 8 6pm
NCS Seeding Meeting Girls	February 9 6PM
NCS Divisional Tournaments	February 12 - 13
NCS Championship Tournament	February 19-20
State CIF Championships	February 25 - 27