

NORTH BAY LEAGUE FOOTBALL

Football Schedule 2022 – 2023

Preseason coaches' meeting: Thursday, August 4, CNHS ACC, 6:30 PM
 First day of practice: Monday, August 8
 First date schools can play a scrimmage, provided individuals have had at least ten days of practice: August 19 or 20
 First date schools can play a game, provided the team has had at least 14 days of practice and individuals have had at least 10 days of practice: August 24
 Number of games: 10 games. One (1) scrimmage is permissible prior to the first interscholastic contest (league or non-league) of the season.
 Post season/all-league selection meeting: Monday, November 7; sites TBD



Game times;
4:30 for JV; 7:00 for Varsity

OAK
<p><u>FRIDAY, OCTOBER 7</u> West County at Rancho Cotate Montgomery at Cardinal Newman Windsor at Santa Rosa</p>
<p><u>FRIDAY, OCTOBER 14</u> Cardinal Newman at West County Santa Rosa at Montgomery Rancho Cotate at Windsor</p>
<p><u>FRIDAY, OCTOBER 21</u> Rancho Cotate at Cardinal Newman West County at Santa Rosa Windsor at Montgomery</p>
<p><u>FRIDAY, OCTOBER 28</u> Windsor at West County Montgomery at Rancho Cotate Santa Rosa at Cardinal Newman</p>
<p><u>FRIDAY, NOVEMBER 4</u> Santa Rosa at Rancho Cotate Cardinal Newman at Windsor West County at Montgomery</p>

REDWOOD
<p><u>FRIDAY, OCTOBER 7</u> Maria Carrillo at Ukiah Healdsburg at Elsie Allen St. Vincent at Piner</p>
<p><u>FRIDAY, OCTOBER 14</u> Ukiah at Healdsburg Elsie Allen at St. Vincent Piner at Maria Carrillo</p>
<p><u>FRIDAY, OCTOBER 21</u> Healdsburg at Maria Carrillo St. Vincent at Ukiah Elsie Allen at Piner</p>
<p><u>FRIDAY, OCTOBER 28</u> Ukiah at Piner Maria Carrillo at Elsie Allen Healdsburg at St. Vincent</p>
<p><u>FRIDAY, NOVEMBER 4</u> Maria Carrillo at St. Vincent Piner at Healdsburg Elsie Allen at Ukiah</p>

*St. Vincent home games are on Saturdays, 11:30 AM for JV and 2:00 PM for Varsity

NCS/Les Schwab Tires Championships

Final date for leagues to determine qualifiers: November 5
 Final date for games other than NCS Championships: November 5
 NCS Entry forms due November 5 by 10:00 PM
 At Large meeting: November 6
 NCS Championships: November 11/11; 18/19; 25/26
 CIF Nor-Cal Regional Games: December 2/3
 CIF State Bowl Games: December 9/10
 Official ball sponsor: Wilson
 Staff Liaison: Bri Niemi, bniemi@cifncls.org