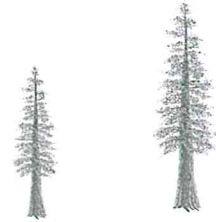


NORTH BAY LEAGUE Cross Country Schedule, 2022 – 2023



Pre-season meeting: Monday, August 1, 6:30 PM, site TBD

First day of practice: Monday, August 8

Number of contests: 14 meets

A maximum of two (2) scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season.

Meet time:

OAK
<p style="text-align: center;"><u>WEDNESDAY, SEPTEMBER 28</u></p> <p style="text-align: center;">Montgomery at Windsor Maria Carrillo at Piner Santa Rosa bye</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 5</u></p> <p style="text-align: center;">Maria Carrillo at Windsor Piner at Santa Rosa Montgomery</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 12</u></p> <p style="text-align: center;">Montgomery at Maria Carrillo Windsor at Santa Rosa Piner bye</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 19</u></p> <p style="text-align: center;">Windsor bye Piner at Montgomery Santa Rosa at Maria Carrillo</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 26</u></p> <p style="text-align: center;">Santa Rosa at Montgomery Maria Carrillo bye Windsor at Piner</p>
<p style="text-align: center;"><u>WEEK OF NOVEMBER 7</u></p> <p style="text-align: center;">NBL Championship Meet Site and host(s) TBD</p>

REDWOOD
<p style="text-align: center;"><u>WEDNESDAY, SEPTEMBER 28</u></p> <p style="text-align: center;">West County at Rancho Cotate Cardinal Newman at Ukiah Elsie Allen at Healdsburg</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 5</u></p> <p style="text-align: center;">Rancho Cotate at Ukiah Healdsburg at Cardinal Newman Elsie Allen at West County</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 12</u></p> <p style="text-align: center;">Ukiah at West County Healdsburg at Rancho Cotate Cardinal Newman at Elsie Allen</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 19</u></p> <p style="text-align: center;">Rancho Cotate at Elsie Allen West County at Cardinal Newman Healdsburg at Ukiah</p>
<p style="text-align: center;"><u>WEDNESDAY, OCTOBER 26</u></p> <p style="text-align: center;">West County at Healdsburg Ukiah at Elsie Allen Rancho Cotate at Cardinal Newman</p>
<p style="text-align: center;"><u>WEEK OF NOVEMBER 7</u></p> <p style="text-align: center;">NBL Championship Meet Site and host(s) TBD</p>

NCS/Les Schwab Tires Championships

Final date for competition other than NCS Championships: November 12

NCS entries due: November 13 (11:59 PM)

Meet of Champions: November 19

CIF Cross Country Championships: November 26, Woodward Park, Fresno

Note:

If St. Vincent fields a cross country team in the 2022 – 2023 season, they will be grouped with Elsie Allen in all meets. Elsie Allen and St. Vincent will rotate hosting home events or work together to host at either Elsie Allen or St. Vincent.