



NORTH BAY LEAGUE

Wrestling Schedule, 2022 – 2023

CORRECTED 2/26/2022



Preseason meeting: TBD
 First day of practice: Monday, October 31
 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: sphillips@cifncs.org

OAK DIVISION	REDWOOD DIVISION
<u>WEDNESDAY, JANUARY 4</u>	<u>WEDNESDAY, JANUARY 4</u>
Healdsburg at Maria Carrillo Elsie Allen at Ukiah Cardinal Newman at Windsor	Piner at West County Montgomery at Rancho Cotate Santa Rosa bye
<u>WEDNESDAY, JANUARY 11</u>	<u>WEDNESDAY, JANUARY 11</u>
Maria Carrillo at Elsie Allen Ukiah at Cardinal Newman Windsor at Healdsburg	West County at Montgomery Rancho Cotate at Santa Rosa Piner bye
<u>WEDNESDAY, JANUARY 18</u>	<u>WEDNESDAY, JANUARY 18</u>
Elsie Allen at Healdsburg Cardinal Newman at Maria Carrillo Ukiah at Windsor	Montgomery at Piner Santa Rosa at West County Rancho Cotate bye
<u>WEDNESDAY, JANUARY 25</u>	<u>WEDNESDAY, JANUARY 25</u>
Maria Carrillo at Windsor Healdsburg at Ukiah Elsie Allena at Cardinal Newman	West County bye Piner at Rancho Cotate Montgomery at Santa Rosa
<u>WEDNESDAY, FEBRUARY 1</u>	<u>WEDNESDAY, FEBRUARY 1</u>
Healdsburg at Cardinal Newman Windsor at Elsie Allen Ukiah at Maria Carrillo	Piner at Santa Rosa Montgomery bye Rancho Cotate at West County
<u>FRIDAY AND SATURDAY, FEBRUARY 10 AND 11</u> NBL Qualifying tournament for NCS Championships	

<u>BOYS AND GIRLS WRESTLING</u>	
Final date for competition other than league individual qualifying tournament or NCS and CIF Championships	February 1
Deadline for NBL to determine dual team qualifiers & at-large applications due	Feb. 1, 10 PM
Dual Team Competition (student competition)	February 4
NBL BOYS' QUALIFIER TOURNAMENT SEEDING & GIRLS FINAL NBL TOURNEY SEEDING	February 8
Deadline for NBL to determine individual qualifiers	February 11
NCS GIRLS' ENTRIES DUE	February 11, 5 PM
NCS BOYS' ENTRIES DUE	February 11, 11:59 PM
NCS Seeding Meeting	February 12
NCS Championships	February 17 - 18
State CIF Championships	February 22 - 25