



NORTH BAY LEAGUE Track Schedule, 2022 – 2023



Preseason coach meeting:

TBD

First day of practice:

Monday, February 6

Number of contests:

14 contests. Two scrimmages are permissible prior to the first interscholastic contest (league or non-league) of the season.

Meet time:

3:45 PM

OAK

WEDNESDAY, MARCH 29

Montgomery at Maria Carrillo

Windsor at Santa Rosa

Analy bye

WEDNESDAY, APRIL 5

Maria Carrillo at Santa Rosa

Analy at Windsor

Montgomery bye

WEDNESDAY, APRIL 12

Santa Rosa at Montgomery

Maria Carrillo at Analy

Windsor bye

WEDNESDAY, APRIL 19

Maria Carrillo bye

Montgomery at Windsor

Analy at Santa Rosa

WEDNESDAY, APRIL 26

Analy at Montgomery

Santa Rosa bye

Windsor at Maria Carrillo

REDWOOD

WEDNESDAY, MARCH 29

Ukiah at Piner

Rancho Cotate at Cardinal Newman

Elsie Allen at Healdsburg

WEDNESDAY, APRIL 5

Cardinal Newman at Ukiah

Rancho Cotate at Healdsburg

Elsie Allen at Piner

WEDNESDAY, APRIL 12

Cardinal Newman at Piner

Healdsburg at Ukiah

Elsie Allen at Rancho Cotate

WEDNESDAY, APRIL 19

Ukiah at Elsie Allen

Piner at Rancho Cotate

Cardinal Newman at Healdsburg

WEDNESDAY, APRIL 26

Piner at Healdsburg

Elsie Allen at Cardinal Newman

Rancho Cotate at Ukiah

IMPORTANT NBL, NCS AND CIF DATES

NBL Meet: Wednesday, May 3 and Friday, May 5 site and host TBD

Deadline for leagues to determine qualifiers: Saturday, May 6

Final date for competition other than NCS or CIF Championships: Saturday, May 6

Class A Classification Championships: May 13

Area Meets--Redwood Empire Meet: May 13

NCS Meet of Champions: May 19, 20

CIF State Track Championships: May 26-27