



NORTH BAY LEAGUE
Cross Country Schedule, 2020 – 2021
 (First Year of Rotation)



First day of practice: Monday, August 10
 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: JV girls: 3:45; JV boys 4:20 PM; Varsity girls: 5:00; Varsity boys: 5:30 PM

OAK	
<u>WEDNESDAY, OCTOBER 14</u>	
First Center Meet Site TBD	
<u>WEDNESDAY, OCTOBER 28</u>	
Second Center Meet Site TBD	
<u>FRIDAY, NOVEMBER 13</u>	
NBL Championship Meet Site and host(s) TBD	
(GF) December '19: Note: This schedule is tentative and needs to be agreed to by all A/Ds...	
(GF) OAK SCHOOLS: Maria Carrillo, Montgomery, Santa Rosa, Piner and Windsor	

REDWOOD	
<u>WEDNESDAY, OCTOBER 7</u>	
Analy & Cardinal Newman at El Molino Elsie Allen & Rancho Cotate at Healdsburg St. Vincent at Ukiah	
<u>WEDNESDAY, OCTOBER 14</u>	
Cardinal Newman and Healdsburg at St. Vincent El Molino and Ukiah at Elsie Allen Analy at Rancho Cotate	
<u>WEDNESDAY, OCTOBER 21</u>	
Ukiah and Healdsburg at Analy	
St. Vincent and Rancho Cotate at El Molino Elsie Allen at Cardinal Newman	
<u>WEDNESDAY, OCTOBER 28</u>	
Analy and Elsie Allen at St. Vincent St. Vincent and Rancho Cotate at Newman El Molino at Healdsburg	
<u>SATURDAY, NOVEMBER 14</u>	
NBL Championship Meet Site and host(s) TBD	

NCS/Les Schwab Tires Championships
 Final date for competition other than NCS Championships: November 14
 NCS entries due: November 15 (11:59 PM)
 Meet of Champions: November 21
 CIF Cross Country Championships: November 28