

## Football Rock

	<b><u>HOME</u></b>	<b><u>AWAY</u></b>
Friday, October 4	Saint Mary's St. Patrick-St. Vincent Hercules	Salesian El Cerrito Kenedy
Friday, October 11	Salesian Saint Mary's El Cerrito	Hercules St. Patrick-St. Vincent Kenedy
Friday, October 18	St. Patrick-St. Vincent El Cerrito Kenedy	Salesian Hercules Saint Mary's
Friday, October 25	Salesian Hercules St. Patrick-St. Vincent	El Cerrito Saint Mary's Kenedy
Friday, November 1	Saint Mary's Hercules Kenedy	El Cerrito St. Patrick-St. Vincent Salesian
Novermer 2	Last Day for Leagues	
November 3	Seed Meeting	
November 8-9	NCS First Round	
November 15-16	NCS Quarter Finals	
November 22-23	NCS Semifinals	
November 29-30	NCS Championships	
December 6-7	Nor Cal Regional Games	
December 13-14	State Bowl Games	

Maximum Number of Contests	10
Maximum Number of	1
Practice Begins	Monday, August 5
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	Monday, November 4
Proposed: February 2019	Approved: March 2019

## Stone

	<b><u>HOME</u></b>	<b><u>AWAY</u></b>
Friday, September 20	Pinole Valley	Vallejo

	Albany Jesse Bethel Bye	De Anza John Swett Richmond
Friday, September 27	De Anza John Swett Richmond Vallejo	Pinole Valley Albany Jesse Bethel Bye
Friday, October 4	John Swett Jesse Bethel Bye Richmond	De Anza Pinole Valley Albany Vallejo
Friday, October 11	Albany De Anza Pinole Valley Vallejo	Jesse Bethel Richmond Bye John Swett
Friday, October 18	Richmond Bye Jesse Bethel Albany	John Swett De Anza Vallejo Pinole Valley
Friday, October 25	John Swett De Anza Pinole Valley Vallejo	Bye Jesse Bethel Richmond Albany
Friday, November 1	Vallejo Pinole Valley Richmond Bye	De Anza John Swett Albany Jesse Bethel
November 2	Last Day for Leagues	
November 3	Seed Meeting	
November 8-9	NCS First Round	
November 15-16	NCS Quarter Finals	
November 22-23	NCS Semifinals	
November 29-30	NCS Championships	
December 6-7	Nor Cal Regional Games	
December 13-14	State Bowl Games	

Maximum Number of Contests	10
Maximum Number of	1

Practice Begins	Monday, August 5
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	Monday, November 4
Proposed: February 2019	Approved: March 2019

## Women's Golf


	<b>HOME</b>	<b>AWAY</b>
Tuesday, August 27	El Cerrito Albany Jesse Bethel Bye	Richmond Saint Mary's St. Patrick-St. Vincent De Anza
Thursday, August 29	Saint Mary's St. Patrick-St. Vincent De Anza Richmond	El Cerrito Albany Jesse Bethel Bye
Tuesday, September 3	St. Patrick-St. Vincent Jesse Bethel Bye De Anza	Saint Mary's El Cerrito Albany Richmond
Thursday, September 5	Albany Saint Mary's El Cerrito Richmond	Jesse Bethel De Anza Bye St. Patrick-St. Vincent
Tuesday, September 10	De Anza Bye Jesse Bethel Albany	St. Patrick-St. Vincent Saint Mary's Richmond El Cerrito
Thursday, September 12	St. Patrick-St. Vincent Saint Mary's El Cerrito Richmond	Bye Jesse Bethel De Anza Albany
Tuesday, September 17	Saint Mary's El Cerrito De Anza Bye	Richmond St. Patrick-St. Vincent Albany Jesse Bethel
Thursday, September 19	Richmond Saint Mary's St. Patrick-St. Vincent De Anza	El Cerrito Albany Jesse Bethel Bye
Tuesday, September 24	El Cerrito Albany Jesse Bethel	Saint Mary's St. Patrick-St. Vincent De Anza

	Bye	Richmond
Thursday, September 26	Saint Mary's El Cerrito Albany Richmond	St. Patrick-St. Vincent Jesse Bethel Bye De Anza
Tuesday, October 1	Jesse Bethel De Anza Bye St. Patrick-St. Vincent	Albany Saint Mary's El Cerrito Richmond
Thursday, October 3	St. Patrick-St. Vincent Saint Mary's Richmond El Cerrito	De Anza Bye Jesse Bethel Albany
Tuesday, October 8	Bye Jesse Bethel De Anza Albany	St. Patrick-St. Vincent Saint Mary's El Cerrito Richmond
Thursday, October 10	Richmond St. Patrick-St. Vincent Albany Jesse Bethel	Saint Mary's El Cerrito De Anza Bye
Monday, October 14	TCAL Finals	
Tuesday, October 15	NCS Last Day	
Monday, October 21	NCS Golf	

<b>Match Time:</b>	3:30 p.m.
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Maximum Number of Contests	22
Maximum Number of Scrimmages	0
Practice Begins	Monday, August 12
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	at Finals
Proposed: February 2019	Approved: March 2019

## Women's Tennis Rock

	<u>HOME</u>	<u>AWAY</u>
Thursday, September 12	Saint Mary's El Cerrito Bye	Albany St. Patrick-St. Vincent Salesian
Tuesday, September 17	Salesian Albany Bye	Saint Mary's St. Patrick-St. Vincent El Cerrito
Thursday, September 19	Saint Mary's Salesian Albany	St. Patrick-St. Vincent El Cerrito Bye
Tuesday, September 24	El Cerrito Albany Bye	Saint Mary's Salesian St. Patrick-St. Vincent
Thursday, September 26	El Cerrito St. Patrick-St. Vincent Saint Mary's	Albany Salesian Bye
		
Tuesday, October 1	Saint Mary's Vallejo St. Patrick-St. Vincent El Cerrito Salesian	Hercules Albany Pinole Valley Richmond Jesse Bethel
Thursday, October 3	Vallejo Pinole Valley Richmond Jesse Bethel Hercules	Saint Mary's Albany St. Patrick-St. Vincent El Cerrito Salesian
Tuesday, October 8	Pinole Valley Albany St. Patrick-St. Vincent El Cerrito Salesian	Saint Mary's Richmond Jesse Bethel Hercules Vallejo
Thursday, October 10	Richmond Jesse Bethel Hercules	Saint Mary's Albany St. Patrick-St. Vincent

	Vallejo Pinole Valley	El Cerrito Salesian
Tuesday, October 15	Saint Mary's Hercules St. Patrick-St. Vincent El Cerrito Salesian	Jesse Bethel Albany Vallejo Pinole Valley Richmond
Thursday, October 17	Albany St. Patrick-St. Vincent Salesian	Saint Mary's El Cerrito Bye
Tuesday, October 22	Saint Mary's St. Patrick-St. Vincent El Cerrito	Salesian Albany Bye
Thursday, October 24	St. Patrick-St. Vincent El Cerrito Bye	Saint Mary's Salesian Albany
Tuesday, October 29	Saint Mary's Salesian St. Patrick-St. Vincent	El Cerrito Albany Bye
Thursday, October 31	Albany Salesian Bye	El Cerrito St. Patrick-St. Vincent Saint Mary's
Tuesday November 5	TCAL Playoffs	
Wednesday, November 6	TCAL Playoffs	
Saturday, November 9	NCS Last Day	

<b>Match Begins</b>	3:30 p.m.
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Maximum Number of Contests	24
Maximum Number of Scrimmages	2
Practice Begins	Monday, August 12
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	at Finals

Proposed: February 2019	Approved: March 2019
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Revised July 2019

**Stone**

	<b><u>HOME</u></b>	<b><u>AWAY</u></b>
Thursday, September 12	Vallejo Jesse Bethel Richmond	Hercules Pinole Valley Bye
Tuesday, September 17	Hercules Vallejo Pinole Valley	Richmond Jesse Bethel Bye
Thursday, September 19	Jesse Bethel Pinole Valley Bye	Hercules Richmond Vallejo
Tuesday, September 24	Hercules Richmond Jesse Bethel	Pinole Valley Vallejo Bye
Thursday, September 26	Vallejo Richmond Bye	Pinole Valley Jesse Bethel Hercules
Tuesday, October 1	Hercules Albany Pinole Valley Richmond Jesse Bethel	Saint Mary's Vallejo St. Patrick-St. Vincent El Cerrito Salesian
Thursday, October 3	Saint Mary's Albany St. Patrick-St. Vincent El Cerrito Salesian	Vallejo Pinole Valley Richmond Jesse Bethel Hercules
Tuesday, October 8	Saint Mary's Richmond Jesse Bethel Hercules Vallejo	Pinole Valley Albany St. Patrick-St. Vincent El Cerrito Salesian



Thursday, October 10	Saint Mary's Albany St. Patrick-St. Vincent El Cerrito Salesian	Richmond Jesse Bethel Hercules Vallejo Pinole Valley
Tuesday, October 15	Jesse Bethel Albany Vallejo Pinole Valley Richmond	Saint Mary's Hercules St. Patrick-St. Vincent El Cerrito Salesian
Thursday, October 17	Hercules Pinole Valley Bye	Vallejo Jesse Bethel Richmond
Tuesday, October 22	Richmond Jesse Bethel Bye	Hercules Vallejo Pinole Valley
Thursday, October 24	Hercules Richmond Vallejo	Jesse Bethel Pinole Valley Bye
Tuesday, October 29	Pinole Valley Vallejo Bye	Hercules Richmond Jesse Bethel
Thursday, October 31	Pinole Valley Jesse Bethel Hercules	Vallejo Richmond Bye
Tuesday November 5	TCAL Playoffs	
Wednesday, November 6	TCAL Playoffs	
Saturday, November 9	NCS Last Day	

<b>Match Begins</b>	3:30 p.m.
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Maximum Number of Contests	24
Maximum Number of Scrimmages	2

Practice Begins	Monday, August 12
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	at Finals
Proposed: February 2019	Approved: March 2019

Revised July 2019

## Women's Volleyball Rock

	<u>HOME</u>	<u>AWAY</u>
Tuesday, September 10	St. Patrick-St. Vincent El Cerrito Salesian	Hercules Saint Mary's Albany
Thursday, September 12	Hercules St. Patrick-St. Vincent Saint Mary's	Salesian El Cerrito Albany
Tuesday, September 17	El Cerrito Saint Mary's Albany	Hercules Salesian St. Patrick-St. Vincent
Thursday, September 19	Hercules Salesian El Cerrito	Saint Mary's St. Patrick-St. Vincent Albany
Tuesday, September 24	St. Patrick-St. Vincent Salesian Albany	Saint Mary's El Cerrito Hercules
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Thursday, September 26	Hercules Saint Mary's Albany	St. Patrick-St. Vincent El Cerrito Salesian
Tuesday, October 1	Salesian El Cerrito Albany	Hercules St. Patrick-St. Vincent Saint Mary's
Thursday, October 3	Hercules Salesian St. Patrick-St. Vincent	El Cerrito Saint Mary's Albany
Tuesday, October 8	Saint Mary's St. Patrick-St. Vincent Albany	Hercules Salesian El Cerrito
Thursday, October 10	Saint Mary's El Cerrito Hercules	St. Patrick-St. Vincent Salesian Albany

Thursday, October 17	TCAL Playoffs
Tuesday, October 22	TCAL Playoffs
Thursday, October 24	TCAL Playoffs
Saturday, October 26	NCS Last Day

<b>Game Times</b>	Frosh - 4:00 p.m. JV - 5:30 p.m. Varsity - 7:00 p.m. No JV game: 5:30 p.m.
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Maximum Number of Contests	24
Maximum Number of Scrimmages	2
Practice Begins	Monday, August 12
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	Monday, October 14
Proposed: February 2019	Approved: March 2019

**Stone**

	<b><u>HOME</u></b>	<b><u>AWAY</u></b>
Tuesday, August 27	John Swett De Anza Richmond Bye	Jesse Bethel Kennedy Pinole Valley Vallejo
Thursday, August 29	Kennedy Pinole Valley Vallejo Jesse Bethel	John Swett De Anza Richmond Bye
Tuesday, September 3	Pinole Valley Richmond Bye Vallejo	Kennedy John Swett De Anza Jesse Bethel
Thursday, September 5	De Anza Kennedy John Swett Jesse Bethel	Richmond Vallejo Bye Pinole Valley
Tuesday, September 10	Vallejo Bye	Pinole Valley Kennedy

	Richmond De Anza	Jesse Bethel John Swett
Thursday, September 12	Pinole Valley Kennedy John Swett Jesse Bethel	Bye Richmond Vallejo De Anza
Tuesday, September 17	Kennedy John Swett Vallejo Bye	Jesse Bethel Pinole Valley De Anza Richmond
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Thursday, September 19	Jesse Bethel Kennedy Pinole Valley Vallejo	John Swett De Anza Richmond Bye
Tuesday, September 24	John Swett De Anza Richmond Bye	Kennedy Pinole Valley Vallejo Jesse Bethel
Thursday, September 26	Kennedy John Swett De Anza Jesse Bethel	Pinole Valley Richmond Bye Vallejo
Tuesday, October 1	Richmond Vallejo Bye Pinole Valley	De Anza Kennedy John Swett Jesse Bethel
Thursday, October 3	Pinole Valley Kennedy Jesse Bethel John Swett	Vallejo Bye Richmond De Anza
Tuesday, October 8	Bye Richmond Vallejo De Anza	Pinole Valley Kennedy John Swett Jesse Bethel

Thursday, October 10

Jesse Bethel  
Pinole Valley  
De Anza  
Richmond

Kennedy  
John Swett  
Vallejo  
Bye

Thursday, October 17

TCAL Playoffs

Tuesday, October 22

TCAL Playoffs

Thursday, October 24

TCAL Playoffs

Saturday, October 26

NCS Last Day

**Game Times**

Frosh - 4:00 p.m.  
JV - 5:30 p.m.  
Varsity - 7:00 p.m.  
No JV game: 5:30 p.m.

Maximum Number of Contests	24
Maximum Number of Scrimmages	2
Practice Begins	Monday, August 12
Coaches Preseason Meeting	Monday, August 12
Coaches Post Season Meeting	Monday, October 14
Proposed: February 2019	Approved: March 2019

Thursday, October 3	<b>Host</b> Kennedy  Hercules
Thursday, October 10	Albany Salesian
Thursday, October 17	Vallejo  Saint Mary's
Thursday, November 7	
Saturday, November 16	Last Day for Leagues
Saturday, November 23	NCS
Saturday, November 30	CIF XC Championships

<b>Meet Start Time</b>	4:00 p.m.
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Maximum # Contests	14
Maximum # Scrimmages	2
Practice Begins	Monday, August 12
Coaches Preseason Meeting	Monday, August 12
Coaches Postseason Meeting	at Finals
Proposed: February 2019	Approved: March 2019

**Location**

El Cerrito, John Swett, Salesian, Albany	Kennedy Grove
Jesse Bethel, Pinole	
Vallejo, De Anza, Saint Mary's, SPSV, Richmond	Point Pinole
Jesse Bethel, Pinole, Hercules, Vallejo, De Anza	Cesar Chavez
Kennedy, El Cerrito, John Swett Saint Mary's	Point Pinole
SPSV, Richmond	
Kennedy, El Cerrito, John Swett, Hercules, De Anza	Hans Park
Salesian	
Albany, Jesse Bethel, Pinole, SPSV, Richmond	Point Pinole
TCAL Championships	Point Pinole



Water Polo

	Home Team	Away Team	
Thursday, September 19		SPSV @ CMA	
	4:00 Hercules	Jesse Bethel	Boys
	5:00 Hercules	Albany	Girls
	6:00 SPSV	Pinole Valley	Boys
	7:00 SPSV	Pinole Valley	Girls
Thursday, September 26		Pinole Valley @ CCC	
	4:00 Jesse Bethel	St. Patrick-St. Vincent	Boys
	5:00 Albany	St. Patrick-St. Vincent	Girls
	6:00 Pinole Valley	Hercules	Boys
	7:00 Pinole Valley	Hercules	Girls
Thursday, October 3		Jesse Bethel @ Cunningham	
	4:00 SPSV	Hercules	Girls
	5:00 SPSV	Hercules	Boys
	6:00 Pinole Valley	Albany	Girls
	7:00 Pinole Valley	Jesse Bethel	Boys
Thursday, October 10		Hercules @ CCC	
	4:00 Pinole Valley	SPSV	Girls
	5:00 Pinole Valley	SPSV	Boys
	6:00 Hercules	Jesse Bethel	Girls
	7:00 Hercules	Jesse Bethel	Boys
Thursday, October 17		Albany @ Albany	
	4:00 Albany	Pinole Valley	Girls
	5:00 Jesse Bethel	Pinole Valley	Boys
	6:00 SPSV	Hercules	Girls
	7:00 SPSV	Hercules	Boys
Thursday, October 24		SPSV @ Cal Maritime	
	4:00 Jesse Bethel	SPSV	Boys
	5:00 Albany	SPSV	Girls
	6:00 Hercules	Pinole Valley	Boys
	7:00 Hercules	Pinole Valley	Girls
League Tournament		TBD	
Friday, November 1			
	4:00 Game #1	Girls 1st vs 4th	
	5:00 Game #2	Boys 1st vs. 4th	
	6:00 Game #3	Girls 2nd vs 3rd	
	7:00 Game #4	Boys 2nd vs 3rd	
Saturday, November 2			

10:00 a.m.  
 11:30 a.m.  
 1:00 p.m.  
 2:30 p.m.

Boys Losers of Game 1 and 4 (3rd and 4th place)  
 Girls Losers of Game 1 and 4 (3rd and 4th place)  
 Boy's Championship Winner of Games 1 & 3  
 Girls' Championship Winner of Games 1 & 3  
 Saturday, October 27 NCS Last Day

Girls  
 Boys  
 Girls  
 Boys

Maximum Number of Contests	24
Maximum Number of Scrimmages	2; Scrimmages must be held prior to first contest or they count as contest
Coaches Preseason Meeting	Monday, August 5
Practice Begins	Monday, August 12
Coaches Post Season Meeting	Tuesday, October 22 (suggested location Albany)
Proposed: February 2019	Approved: March 2019

Last Modified: 6\_11