

Football**Rock**

		<u>HOME</u>		<u>AWAY</u>	
Friday, October 4	0-1	Saint Mary's	6	42 Salesian	1-0
	0-1	St. Patrick-St. Vincent	20	56 El Cerrito	1-0
	0-1	Hercules	0	48 Kenedy	1-0
Friday, October 11	2-0	Salesian	48	0 Hercules	0-2
	0-2	Saint Mary's	35	45 St. Patrick-St. Vincent	1-1
	2-0	El Cerrito	27	14 Kenedy	1-1
Friday, October 18	1-2	St. Patrick-St. Vincent	21	39 Salesian	3-0
	3-0	El Cerrito	53	0 Hercules	0-3
	2-1	Kenedy	60	3 Saint Mary's	0-3
Friday, October 25	4-0	Salesian	21	14 El Cerrito	3-1
	0-4	Hercules	26	33 Saint Mary's	1-3
	1-3	St. Patrick-St. Vincent	29	50 Kenedy	3-1
Friday, November 1		Saint Mary's		El Cerrito	
		Hercules		St. Patrick-St. Vincent	
		Kenedy		Salesian	

Stone

		<u>HOME</u>		<u>AWAY</u>	
Friday, September 20	1-0	Pinole Valley	50	31 Vallejo	0-1
	0-1	Albany	0	2 De Anza	1-0
	1-0	Jesse Bethel	53	0 John Swett	0-1
Friday, September 27	2-0	De Anza	39	14 Pinole Valley	1-1
	0-2	John Swett	0	28 Albany	1-1
	0-1	Richmond	0	46 Jesse Bethel	2-0
Friday, October 4	0-3	John Swett	0	2 De Anza	3-0
	2-1	Jesse Bethel	21	32 Pinole Valley	2-1
	0-2	Richmond	6	47 Vallejo	1-1
Friday, October 11	1-2	Albany	6	39 Jesse Bethel	3-1
	4-0	De Anza	57	0 Richmond	0-3
	2-1	Vallejo	49	0 John Swett	0-4
Friday, October 18	1-3	Richmond	8	0 John Swett	0-5
	4-1	Jesse Bethel	24	8 Vallejo	2-2
	1-3	Albany	0	55 Pinole Valley	3-1

Friday, October 25	5-0	De Anza	36	13	Jesse Bethel	4-2
	4-1	Pinole Valley	51	8	Richmond	1-4
	3-2	Vallejo	2	0	Albany	1-4

Friday, November 1		Vallejo			De Anza	
		Pinole Valley			John Swett	
		Richmond			Albany	

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

Women's Golf

		<u>HOME</u>			<u>AWAY</u>	
Tuesday, August 27	1-0	Jesse Bethel	157	166	St. Patrick-St. Vincent	0-1
Thursday, August 29	0-2	St. Patrick-St. Vincent	170	150	Albany	1-0
Thursday, September 5	2-0	Albany	w		Jesse Bethel	1-1
	0-1	Richmond	120	111	St. Patrick-St. Vincent	1-2
Tuesday, September 10	2-1	Jesse Bethel	w		Richmond	0-2
Thursday, September 12	0-3	Richmond		W	Albany	3-0
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Thursday, September 19	1-3	St. Patrick-St. Vincent	168	158	Jesse Bethel	3-1
Tuesday, September 24	4-0	Albany	170	150	St. Patrick-St. Vincent	1-4
Tuesday, October 1	3-2	Jesse Bethel		W	Albany	5-0
	2-4	St. Patrick-St. Vincent	140	142	Richmond	0-4
Thursday, October 3	0-5	Richmond		w	Jesse Bethel	4-2
Tuesday, October 8	6-0	Albany	w		Richmond	0-6
Monday, October 14		TCAL Finals				
Tuesday, October 15		NCS Last Day				
Monday, October 21		NCS Golf				

Women's Tennis**Rock**

	<u>HOME</u>		<u>AWAY</u>
Thursday, September 12	Saint Mary's El Cerrito	4 0	3 Albany 7 St. Patrick-St. Vincent
Tuesday, September 17	Salesian Albany	2 3	5 Saint Mary's 4 St. Patrick-St. Vincent
Thursday, September 19	Saint Mary's Salesian	6 2	1 St. Patrick-St. Vincent 5 El Cerrito
Tuesday, September 24	El Cerrito Albany	2 4	5 Saint Mary's 3 Salesian
Thursday, September 26	El Cerrito St. Patrick-St. Vincent	4 5	3 Albany 2 Salesian
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 Vallejo Pinole Valley		Saint Mary's Albany St. Patrick-St. Vincent El Cerrito Salesian
Tuesday, October 15	Saint Mary's Hercules St. Patrick-St. Vincent		Jesse Bethel Albany Vallejo

	El Cerrito Salesian	Pinole Valley Richmond
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Thursday, October 17

Albany
St. Patrick-St. Vincent

Saint Mary's
El Cerrito

Tuesday, October 22

Saint Mary's
St. Patrick-St. Vincent

Salesian
Albany

Thursday, October 24

St. Patrick-St. Vincent
El Cerrito

Saint Mary's
Salesian

Tuesday, October 29

Saint Mary's
Salesian

El Cerrito
Albany

Thursday, October 31

Albany
Salesian

El Cerrito
St. Patrick-St. Vincent

Tuesday November 5

TCAL Playoffs

Wednesday, November 6

TCAL Playoffs

Saturday, November 9

NCS Last Day

Stone

HOME

AWAY

Thursday, September 12

Vallejo
Jesse Bethel

3 4 Hercules
6 1 Pinole Valley

Tuesday, September 17

Hercules
Vallejo

5 2 Richmond
Jesse Bethel

Thursday, September 19

Jesse Bethel
Pinole Valley

1 6 Hercules
6 1 Richmond

Tuesday, September 24

Hercules
Richmond

Pinole Valley
0 7 Vallejo

Thursday, September 26

Vallejo
Richmond

Pinole Valley
Jesse Bethel

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	Vallejo Jesse Bethel
Tuesday, October 22	Richmond Jesse Bethel	Hercules Vallejo
Thursday, October 24	Hercules Richmond	Jesse Bethel Pinole Valley
Tuesday, October 29	Pinole Valley Vallejo	Hercules Richmond
Thursday, October 31	Pinole Valley Jesse Bethel	Vallejo Richmond
Tuesday November 5	TCAL Playoffs	
Wednesday, November 6	TCAL Playoffs	
Saturday, November 9	NCS Last Day	

Women's Volleyball
Rock

		<u>HOME</u>		<u>AWAY</u>	
Tuesday, September 10	0-1	St. Patrick-St. Vincent	2	3 Hercules	1-0
	0-1	El Cerrito	1	3 Saint Mary's	1-0
	0-1	Salesian	0	3 Albany	1-0
Thursday, September 12	.				
	2-0	Hercules	3	2 Salesian	0-2
	1-1	St. Patrick-St. Vincent	3	1 El Cerrito	0-2
Tuesday, September 17	2-0	Saint Mary's	3	2 Albany	1-1
	1-2	El Cerrito	3	0 Hercules	2-1
	3-0	Saint Mary's	3	2 Salesian	0-3
Thursday, September 19	2-1	Albany	3	0 St. Patrick-St. Vincent	1-2
	2-2	Hercules	2	3 Saint Mary's	4-0
	0-4	Salesian	0	3 St. Patrick-St. Vincent	2-2
Tuesday, September 24	1-3	El Cerrito	1	3 Albany	3-1
	2-3	St. Patrick-St. Vincent	2	3 Saint Mary's	5-0
	0-5	Salesian	1	3 El Cerrito	2-3
Thursday, September 26	4-1	Albany	3	0 Hercules	2-3
	2-4	Hercules	1	3 St. Patrick-St. Vincent	3-3
	5-1	Saint Mary's	1	3 El Cerrito	3-3
Tuesday, October 1	5-1	Albany	3	0 Salesian	0-6
	1-6	Salesian	3	0 Hercules	2-5
	4-3	El Cerrito	3	0 St. Patrick-St. Vincent	3-4
Thursday, October 3	6-1	Albany	3	0 Saint Mary's	5-2
	2-6	Hercules	1	3 El Cerrito	5-3
	1-7	Salesian	1	3 Saint Mary's	6-2
Tuesday, October 8	3-5	St. Patrick-St. Vincent	1	3 Albany	7-1
	7-2	Saint Mary's	3	1 Hercules	2-7
	4-5	St. Patrick-St. Vincent	3	1 Salesian	1-8
Thursday, October 10	8-1	Albany	1	3 El Cerrito	5-4
	8-2	Saint Mary's	3	0 St. Patrick-St. Vincent	4-6
	6-4	El Cerrito	3	0 Salesian	1-9
Thursday, October 17	2-8	Hercules	0	3 Albany	9-1
		TCAL Playoffs			
Tuesday, October 22		TCAL Playoffs			

Thursday, October 24
Saturday, October 26

TCAL Playoffs
NCS Last Day

Stone

		<u>HOME</u>		<u>AWAY</u>	
Tuesday, August 27	0-1	John Swett	0	3 Jesse Bethel	1-0
	1-0	De Anza	3	0 Kennedy	0-1
	0-1	Richmond	0	3 Pinole Valley	1-0
Thursday, August 29	0-2	Kennedy	0	3 John Swett	1-1
	2-0	Pinole Valley	3	0 De Anza	1-1
	0-1	Vallejo	1	3 Richmond	1-1
Tuesday, September 3	3-0	Pinole Valley	3	0 Kennedy	0-3
	1-2	Richmond	1	3 John Swett	2-1
	0-2	Vallejo	0	3 Jesse Bethel	2-0
Thursday, September 5	2-1	De Anza	3	2 Richmond	1-3
	0-4	Kennedy	1	3 Vallejo	1-2
	3-0	Jesse Bethel	3	0 Pinole Valley	3-1
Tuesday, September 10	1-3	Vallejo	0	3 Pinole Valley	4-1
	1-4	Richmond	0	3 Jesse Bethel	4-0
	2-2	De Anza	0	3 John Swett	3-1
Thursday, September 12	0-5	Kennedy	0	3 Richmond	2-4
	4-1	John Swett	3	1 Vallejo	1-4
	5-0	Jesse Bethel	3	0 De Anza	2-3
Tuesday, September 17	0-6	Kennedy	0	3 Jesse Bethel	6-0
	4-2	John Swett	0	3 Pinole Valley	5-1
	1-5	Vallejo	0	3 De Anza	3-3
Thursday, September 19	7-0	Jesse Bethel	3	0 John Swett	4-3
	0-7	Kennedy	0	3 De Anza	4-3
	6-1	Pinole Valley	3	0 Richmond	2-5
Tuesday, September 24	5-3	John Swett	3	0 Kennedy	0-8
	4-4	De Anza	1	3 Pinole Valley	7-1
	3-5	Richmond	3	1 Vallejo	1-6
Thursday, September 26	0-9	Kennedy	3	6 Pinole Valley	8-1
	6-3	John Swett	3	0 Richmond	3-6
	8-0	Jesse Bethel	3	0 Vallejo	1-7

Tuesday, October 1	3-7	Richmond	0	3 De Anza	5-4
	1-8	Vallejo	2	3 Kennedy	1-9
	9-1	Pinole Valley	3	1 Jesse Bethel	8-1
Thursday, October 3	10-1	Pinole Valley	3	0 Vallejo	1-9
	9-1	Jesse Bethel	3	0 Richmond	3-8
	6-4	John Swett	1	3 De Anza	6-4
Tuesday, October 8	3-9	Richmond	2	3 Kennedy	2-9
	1-10	Vallejo	0	3 John Swett	7-4
	6-5	De Anza	1	3 Jesse Bethel	10-1
Thursday, October 10	11-1	Jesse Bethel	3	0 Kennedy	2-10
	11-1	Pinole Valley	3	1 John Swett	7-5
	7-5	De Anza	3	0 Vallejo	1-11
Thursday, October 17		TCAL Playoffs			
Tuesday, October 22		TCAL Playoffs			
Thursday, October 24		TCAL Playoffs			
Saturday, October 26		NCS Last Day			

Thursday, October 3

Host

Kennedy
Kennedy
Kennedy
Kennedy
Kennedy
El Cerrito
El Cerrito
El Cerrito
El Cerrito
El Cerrito
John Swett
John Swett
John Swett
John Swett
Salesian
Salesian
Salesian
Jesse Bethel

El Cerrito
John Swett
Salesian
Albany
Jesse Bethel
Pinole
John Swett
Salesian
Albany
Jesse Bethel
Pinole
Salesian
Albany
Jesse Bethel
Pinole
Pinole
Pinole

Location

Kennedy Grove

Hercules
Hercules
Hercules
Hercules
Hercules
Vallejo
Vallejo
Vallejo
Vallejo
Saint Mary's
Saint Mary's
SPSV

Vallejo
De Anza
Saint Mary's
SPSV
Richmond
De Anza
Saint Mary's
SPSV
Richmond
SPSV
Richmond
Richmond

Point Pinole

Thursday, October 10

Albany
Albany
Albany
Albany
Albany
Jesse Bethel
Jesse Bethel
Jesse Bethel
Jesse Bethel
Pinole
Pinole

Jesse Bethel
Pinole
Hercules
Vallejo
De Anza
Pinole
Hercules
Vallejo
De Anza
Hercules
Vallejo

Cesar Chavez

Pinole
Vallejo

De Anza
De Anza

Salesian
Salesian
Salesian
Salesian
Salesian
Kennedy
Kennedy
Kennedy
Kennedy
Kennedy
El Cerrito
El Cerrito
El Cerrito

Kennedy
El Cerrito
John Swett
Saint Mary's
SPSV
Richmond
El Cerrito
John Swett
Saint Mary's
SPSV
Richmond
John Swett
Saint Mary's
SPSV

Point Pinole

Thursday, October 17

Vallejo
Vallejo
Vallejo
Vallejo
Vallejo
Vallejo
Kennedy
Kennedy
Kennedy
Kennedy
Kennedy
El Cerrito
El Cerrito
El Cerrito
El Cerrito
Hercules
Hercules
De Anza

Kennedy
El Cerrito
John Swett
Hercules
De Anza
Salesian
El Cerrito
John Swett
Hercules
De Anza
Salesian
John Swett
Hercules
De Anza
Salesian
De Anza
Salesian
Salesian

Hans Park

Saint Mary's
Saint Mary's
Saint Mary's
Albany
Albany

Albany
Jesse Bethel
Pinole
SPSV
Richmond

Point Pinole

Thursday, November 7

TCAL Championships

Point Pinole

Saturday, November 16
Saturday, November 23
Saturday, November 30

Last Day for Leagues
NCS
CIF XC Championships

Thursday, October 3

Host

Kennedy
Kennedy
Kennedy
Kennedy
Kennedy
El Cerrito
El Cerrito
El Cerrito
El Cerrito
El Cerrito
John Swett
John Swett
John Swett
John Swett
Salesian
Salesian
Salesian
Jesse Bethel

El Cerrito
John Swett
Salesian
Albany
Jesse Bethel
Pinole
John Swett
Salesian
Albany
Jesse Bethel
Pinole
Salesian
Albany
Jesse Bethel
Pinole
Pinole
Pinole

Location

Kennedy Grove

Hercules
Hercules
Hercules
Hercules
Hercules
Vallejo
Vallejo
Vallejo
Vallejo
Saint Mary's
Saint Mary's
SPSV

Vallejo
De Anza
Saint Mary's
SPSV
Richmond
De Anza
Saint Mary's
SPSV
Richmond
SPSV
Richmond
Richmond

Point Pinole

Thursday, October 10

Albany
Albany
Albany
Albany
Albany
Jesse Bethel
Jesse Bethel
Jesse Bethel
Jesse Bethel
Pinole
Pinole

Jesse Bethel
Pinole
Hercules
Vallejo
De Anza
Pinole
Hercules
Vallejo
De Anza
Hercules
Vallejo

Cesar Chavez

Pinole
Vallejo

De Anza
De Anza

Salesian
Salesian
Salesian
Salesian
Salesian
Kennedy
Kennedy
Kennedy
Kennedy
Kennedy
El Cerrito
El Cerrito
El Cerrito

Kennedy
El Cerrito
John Swett
Saint Mary's
SPSV
Richmond
El Cerrito
John Swett
Saint Mary's
SPSV
Richmond
John Swett
Saint Mary's
SPSV

Point Pinole

Thursday, October 17

Vallejo
Vallejo
Vallejo
Vallejo
Vallejo
Vallejo
Kennedy
Kennedy
Kennedy
Kennedy
Kennedy
El Cerrito
El Cerrito
El Cerrito
El Cerrito
Hercules
Hercules
De Anza

Kennedy
El Cerrito
John Swett
Hercules
De Anza
Salesian
El Cerrito
John Swett
Hercules
De Anza
Salesian
John Swett
Hercules
De Anza
Salesian
De Anza
Salesian
Salesian

Hans Park

Saint Mary's
Saint Mary's
Saint Mary's
Albany
Albany

Albany
Jesse Bethel
Pinole
SPSV
Richmond

Point Pinole

Thursday, November 7

TCAL Championships

Point Pinole

Saturday, November 16
Saturday, November 23
Saturday, November 30

Last Day for Leagues
NCS
CIF XC Championships

Water Polo

	Home Team		Away Team	
Thursday, September 19			SPSV @ CMA	
4:00	Hercules		Jesse Bethel	Boys
5:00	Hercules	8 14	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's 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