Peninsula Athletic League Swimming 2025
Bay Division
Aragon, Burlingame, Carlmont, Hillsdale, Menlo-Atherton, Mills, San Mateo, Sequoia, Woodside
Practice 2-3-25/Scrimmage 2-17-25/Contest 2-24-25/Max # Meets 12 +1 Invitational/Sports Chairperson: Bruce Smith, Menlo-Atherton

Friday - February 28, 2025 - 3:30
Hillsdale @ San Mateo
Sequoia @ Burlingame
Mills @ Carlmont
Woodside @ Menlo-Atherton
Aragon bye

Friday - March 7, 2025 - 3:30
Burlingame @ Woodside
Menlo-Atherton @ San Mateo
Carlmont @ Aragon
Sequoia @ Hillsdale
Mills bye

Friday - March 14, 2025 - 3:30
Sequoia @ Aragon
Carlmont @ San Mateo
Burlingame @ Menlo-Atherton
Mills @ Woodside
Hillsdale bye

Friday - March 21, 2025 - 3:30
San Mateo @ Mills
Woodside @ Aragon
Menlo-Atherton @ Hillsdale
Carlmont @ Sequoia
Burlingame bye

Friday - March 28, 2025 - 3:30
Hillsdale @ Carlmont
Aragon @ Menlo-Atherton
San Mateo @ Woodside
Burlingame @ Mills
Sequoia bye

Wednesday - April 2, 2026 - 3:30
Menlo-Atherton @ Carlmont

Friday - April 4, 2025 - 3:30
Woodside @ Sequoia

Friday - April 11, 2025 - 3:30
Aragon @ Burlingame
Hillsdale @ Mills

Friday - April 18, 2025 - 3:30
Sequoia @ Menlo-Atherton
Hillsdale @ Woodside
Mills @ Aragon
San Mateo @ Burlingame
Carlmont bye

Tuesday - April 22, 2025 - 3:30
Menlo-Atherton @ Mills
Burlingame @ Carlmont
San Mateo @ Sequoia
Aragon @ Hillsdale
Woodside bye

Friday - April 25, 2025 - 3:30
Woodside @ Carlmont
Mills @ Sequoia
Burlingame @ Hillsdale
Aragon @ San Mateo
Menlo-Atherton bye

PAL Division Championships at Menlo-Atherton
Girls Trials Wednesday April 30, 2025 2:00pm warm-ups 3:30pm swim
Boys Trials Thursday May 1, 2025 2:00pm warm-ups 3:30pm swim
Finals Saturday May 3, 2025 11:00am warmups 1:00pm swim
Peninsula Athletic League Swimming 2025
Ocean Division
Capuchino, El Camino, Half Moon Bay, Jefferson, Oceana, South San Francisco, Terra Nova, Westmoor
Practice 2-3-25/Scrimmage 2-17-25/Contest 2-24-25/Max # Meets 12 + 1 Invitational/Sports Chairperson: Jeff Vitalie, El Camino

Friday - March 7, 2025 - 3:30
Westmoor @ El Camino
Capuchino @ Terra Nova
Jefferson @ South San Francisco
Half Moon Bay @ Oceana

Friday - March 14, 2025 – 3:30
Jefferson @ Capuchino
El Camino @ Terra Nova
Westmoor @ Oceana
Half Moon Bay @ South San Francisco

Friday - March 21, 2025 - 3:30
Oceana @ Capuchino
Westmoor @ South San Francisco
Jefferson @ Terra Nova
El Camino @ Half Moon Bay

Friday - March 28, 2025 - 3:30
Terra Nova @ South San Francisco
Capuchino @ Westmoor
Oceana @ El Camino
Jefferson @ Half Moon Bay

Friday - April 4, 2025 - 3:30
Jefferson @ Oceana
Terra Nova @ Westmoor

Friday - April 11, 2025 - 3:30
El Camino @ South San Francisco
Half Moon Bay @ Capuchino

Friday - April 18, 2025 - 3:30
Jefferson @ Westmoor
Oceana @ South San Francisco
El Camino @ Capuchino

Tuesday - April 22, 2025 - 3:30
Terra Nova @ Half Moon Bay

Friday - April 25, 2025 - 3:30
Terra Nova @ Oceana
El Camino @ Jefferson
Capuchino @ South San Francisco
Westmoor @ Half Moon Bay

PAL Division Championships at Oceana
Trials Wednesday April 30, 2025 2:00pm warm-ups 3:30pm swim
Trials Thursday May 1, 2025 2:00pm warm-ups 3:30pm swim
 Finals Saturday May 3, 2025 11:00am warm-ups 1:00pm swim

Revised 6-21-24