Peninsula Athletic League Swimming 2024
Bay Division
Practice 1-29-24/Scrimmage 2-12-24/Contest 2-19-24/Max # Meets 12 +1 Invitational/Sports Chairperson: Bruce Smith, Menlo-Atherton

Friday - March 1, 2024 - 3:30
Sequoia @ Mills
Carlmont @ Burlingame
Aragon @ Woodside
San Mateo @ Menlo-Atherton

Friday - March 8, 2024 - 3:30
Carlmont @ Woodside
Burlingame @ Sequoia
Mills @ Menlo-Atherton
San Mateo @ Aragon

Friday – March 15, 2024 - 3:30
Menlo-Atherton @ Sequoia
Woodside @ Mills
Burlingame @ San Mateo
Aragon @ Carlmont

Thursday - March 21, 2024 - 3:30
Menlo-Atherton @ Woodside

Friday - March 22, 2024 - 3:30
San Mateo @ Carlmont
Mills @ Burlingame
Aragon @ Sequoia

Friday – March 29, 2024 - 3:30
Aragon @ Mills
Menlo-Atherton @ Burlingame
Sequoia @ Carlmont
Woodside @ San Mateo

Thursday - April 4, 2024 - 3:30
Sequoia @ Woodside

Friday - April 5, 2024 - 3:30
Carlmont @ Menlo-Atherton

Friday - April 12, 2024 - 3:30
Burlingame @ Aragon
Mills @ San Mateo

Friday - April 19, 2024 - 3:30
Menlo-Atherton @ Aragon
Woodside @ Burlingame
Carlmont @ Mills
Sequoia @ San Mateo

PAL Division Championships at Menlo-Atherton
Girls Trials Wednesday April 24, 2024 2:00pm warm-ups 3:30pm swim
Boys Trials Thursday April 25, 2024 2:00pm warm-ups 3:30pm swim
Finals Saturday April 27, 2024 11:00am warmups 1:00pm swim

Revised 9-1-23
### Peninsula Athletic League Swimming 2024

**Ocean Division**

Capuchino, El Camino, Half Moon Bay, Hillsdale, Jefferson, Oceana, South San Francisco, Terra Nova, Westmoor

Practice 1-29-24/Scrimmage 2-12-24/Contest 2-19-24/Max # Meets 12 + 1 Invitational/Sports Chairperson: Jeff Vitalie, El Camino

**Friday - March 1, 2024 - 3:30**
- Jefferson @ Hillsdale
- Half Moon Bay @ El Camino
- South San Francisco @ Oceana
- Westmoor @ Capuchino
- Terra Nova bye

**February - March 27, 2024 - 3:30**
- Half Moon Bay @ Westmoor
- Jefferson @ Capuchino
- South San Francisco @ Terra Nova
- El Camino @ Hillsdale
- Oceana bye

**Friday - March 8, 2024 - 3:30**
- South San Francisco @ Westmoor
- El Camino @ Oceana
- Hillsdale @ Half Moon Bay
- Jefferson @ Terra Nova
- Capuchino bye

**Friday - March 29, 2024 - 3:30**
- Capuchino @ El Camino
- Westmoor @ Hillsdale
- Oceana @ Terra Nova
- Jefferson @ Half Moon Bay
- South San Francisco bye

**Friday - March 15, 2024 – 3:30**
- Terra Nova @ El Camino
- Jefferson @ South San Francisco
- Capuchino @ Half Moon Bay
- Oceana @ Westmoor
- Hillsdale bye

**Tuesday - April 2, 2024 - 3:30**
- Half Moon Bay @ Terra Nova

**Friday - March 29, 2024 - 3:30**
- Jefferson @ Oceana
- Westmoor @ Terra Nova

**Friday - April 5, 2024 - 3:30**
- South San Francisco @ Westmoor
- El Camino @ South San Francisco
- Terra Nova @ Half Moon Bay
- Westmoor bye

**Friday - April 12, 2024 - 3:30**
- Hillsdale @ Capuchino
- El Camino @ South San Francisco
- Half Moon Bay bye

**Friday - April 19, 2024 - 3:30**
- Hillsdale @ Oceana
- El Camino @ Westmoor
- South San Francisco @ Capuchino
- Jefferson bye

**PAL Division Championships at Oceana**

Trials Wednesday April 24, 2024 2:00pm warm-ups 3:30pm swim
Trials Thursday April 25, 2024 2:00pm warm-ups 3:30pm swim
Finals Saturday April 27, 2024 11:00am warm-ups 1:00pm swim