

# Peninsula Athletic League Swimming 2023

## Bay Division

Aragon.Burlingame.Carlmont.Menlo-Atherton.Mills.San Mateo.Sequoia.Woodside

Practice 1-30-23/Scrimmage 2-13-23/Contest 2-20-23/Max # Meets 12 +1 Invitational/Sports Chairperson: Bruce Smith, Menlo-Atherton

### **Friday - March 3, 2023 - 3:30**

San Mateo @ Burlingame  
Mills @ Carlmont  
Sequoia @ Menlo-Atherton  
Woodside @ Aragon

### **Thursday – March 9, 2023 – 3:30**

Carlmont @ San Mateo

### **Friday - March 10, 2023 - 3:30**

Aragon @ Menlo-Atherton  
Mills @ Woodside  
Sequoia @ Burlingame

### **Friday – March 17, 2023 - 3:30**

Mills @ Sequoia  
Menlo-Atherton @ Woodside  
Aragon @ San Mateo  
Burlingame @ Carlmont

### **Friday - March 24, 2023 - 3:30**

Menlo-Atherton @ San Mateo  
Burlingame @ Mills  
Sequoia @ Aragon  
Woodside @ Carlmont

### **Friday – March 31, 2023 - 3:30**

Woodside @ Sequoia  
Menlo-Atherton @ Carlmont

### **Friday - April 7, 2023 - 3:30**

Burlingame @ Woodside  
Carlmont @ Aragon  
San Mateo @ Sequoia  
Menlo-Atherton @ Mills

### **Friday - April 14, 2023 - 3:30**

San Mateo @ Mills  
Aragon @ Burlingame

### **Friday - April 21, 2023 - 3:30**

San Mateo @ Woodside  
Burlingame @ Menlo-Atherton  
Carlmont @ Sequoia  
Mills @ Aragon

### **PAL Division Championships at Menlo-Atherton**

Girls Trials Wednesday April 26, 2023 2:00pm warm-ups 3:30pm swim  
Boys Trials Thursday April 27, 2023 2:00pm warm-ups 3:30pm swim  
Finals Saturday April 29, 2023 11:00am warmups 1:00pm swim

**Revised 9-30-22**

# Peninsula Athletic League Swimming 2023

## Ocean Division

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

Practice 1-30-23/Scrimmage 2-13-23/Contest 2-20-23/Max # Meets 12 + 1 Invitational/Sports Chairperson: Jeff Vitalie, El Camino

### Friday - March 3, 2023 - 3:30

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

### Friday - March 10, 2023 - 3:30

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

### Friday - March 17, 2023 - 3:30

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

### Tuesday - March 21, 2023 - 3:30

Hillsdale @ Terra Nova

### Friday - March 24, 2023 - 3:30

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

### Friday - March 31, 2023 - 3:30

Jefferson @ Terra Nova  
Westmoor @ Oceana  
Half Moon Bay bye

### Friday - April 7, 2023 - 3:30

South San Francisco @ El Camino  
Capuchino @ Hillsdale

### Tuesday - April 11, 2023 - 3:30

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

### Friday - April 14, 2023 - 3:30

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

### Tuesday - April 18, 2023 - 3:30

Jefferson @ Westmoor  
Capuchino @ South San Francisco  
El Camino @ Half Moon Bay  
Oceana bye

### Friday - April 21, 2023 - 3:30

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

### PAL Division Championships at Oceana

Trials Wednesday April 26, 2023 2:00pm warm-ups 3:30pm swim  
Trials Thursday April 27, 2023 2:00pm warm-ups 3:30pm swim  
Finals Saturday April 29, 2023 11:00am warm-ups 1:00pm swim

Revised 11-8-22