## Peninsula Athletic League Swimming 2024

**Bay Division**

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

Practice 1-29-24/Scrimmage 2-12-24/Contest 2-19-24/Max # Meets 12 +1 Invitational/Sports Chairperson: Bruce Smith, Menlo-Atherton

<table>
<thead>
<tr>
<th>Date</th>
<th>Matches</th>
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</thead>
</table>
| **Friday - March 1, 2024 - 3:30** | Sequoia @ Mills  
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 |
| **Friday - March 22, 2024 - 3:30** | San Mateo @ Carlmont  
Mills @ Burlingame  
Menlo-Atherton @ Woodside  
Aragon @ Sequoia |
| **Friday – March 29, 2024 - 3:30** | Aragon @ Mills  
Menlo-Atherton @ Burlingame  
Sequoia @ Carlmont  
Woodside @ San Mateo |
| **Friday - April 5, 2024 - 3:30** | Sequoia @ Woodside  
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**
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

<table>
<thead>
<tr>
<th>Date</th>
<th>Match 1</th>
<th>Match 2</th>
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<tbody>
<tr>
<td>Friday - March 1, 2024 - 3:30</td>
<td>Jefferson @ Hillsdale</td>
<td>Half Moon Bay @ El Camino</td>
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<td>South San Francisco @ Oceana</td>
<td>El Camino @ Oceana</td>
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<td></td>
<td>Westmoor @ Capuchino</td>
<td>Half Moon Bay @ Oceana</td>
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<td></td>
<td>Terra Nova bye</td>
<td>Oceana bye</td>
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<tr>
<td>Tuesday - March 19, 2024 - 3:30</td>
<td>Capuchino @ Oceana</td>
<td>Half Moon Bay @ South San Francisco</td>
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<td>Half Moon Bay @ El Camino</td>
<td>Jefferson @ El Camino</td>
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<td></td>
<td>Terra Nova @ Hillsdale</td>
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<td>Hillsdale @ South San Francisco</td>
<td>El Camino @ Half Moon Bay</td>
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<td>Oceana @ Westmoor</td>
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<td>Oceana @ Half Moon Bay</td>
<td>Westmoor @ Terra Nova</td>
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<td>El Camino bye</td>
<td>Westmoor bye</td>
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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

Revised 8-1-2023