

# Peninsula Athletic League Track and Field 2024

## Bay Division

Aragon.Carlmont.Hillsdale.Menlo-Atherton.Mills.San Mateo. Sequoia.Westmoor

Practice 1-29-24/Scrimmage 2-12-24/Contest 2-19-24/Max #Meets 15/Sports Chairperson: Chris Lucey, Hillsdale

### Tuesday - March 5, 2024 - 3:00

San Mateo, Carlmont @ Sequoia

### Tuesday - March 12, 2024 - 3:00

Sequoia, Aragon @ Mills

Menlo-Atherton @ Carlmont

### Wednesday - March 13, 2024 - 3:00

Hillsdale, Westmoor @ San Mateo

### Wednesday - March 20, 2024 - 3:00

Mills, Carlmont @ Hillsdale

San Mateo, Aragon @ Menlo-Atherton

### Wednesday - March 27, 2024 - 3:00

Westmoor, Menlo-Atherton @ Mills

### Wednesday - April 3, 2024 - 3:00

Sequoia @ Westmoor - 3:45

### Tuesday - April 9, 2024 - 3:00

Hillsdale @ Aragon

### Wednesday - April 10, 2024 - 3:00

Mills @ San Mateo

### Tuesday - April 16, 2024 - 3:45

Aragon, Carlmont @ Westmoor

### Wednesday - April 17, 2024 - 3:00

Menlo-Atherton, Hillsdale @ Sequoia

### PAL Varsity Championships @ Menlo-Atherton

Varsity Trials: Thursday - April 25, 2024

Field Events 4:00pm - Running Events 5:00pm

Varsity Finals: Saturday - May 4, 2024 TBD

### PAL FS Championship Meet @ Terra Nova

Saturday - April 27, 2024

Field Events 9:00am - Running Events 10:00am

### CCS Championships @ TBD

Semi Finals - Saturday - May 11, 2024

Finals - Saturday - May 18, 2024

**Revised 7-22-23**

# Peninsula Athletic League Track and Field 2024

## Ocean Division

Burlingame.Capuchino.El Camino.Jefferson.Half Moon Bay.Oceana.South San Francisco.Terra Nova.Woodside  
Practice 1-29-24/Scrimmage 2-12-24/Contest 2-19-24/Max #Meets 15/Sports Chairperson: Chris Lucey, Hillsdale

### Wednesday - March 6, 2024 - 3:00

Oceana, Jefferson @ Burlingame  
Terra Nova, El Camino @ South San Francisco

### Tuesday - March 12, 2024 - 3:00

Burlingame, Capuchino @ Terra Nova  
Half Moon Bay, Jefferson @ El Camino

### Wednesday - March 13, 2024 - 3:00

Oceana, South San Francisco @ Woodside

### Tuesday - March 19, 2024 - 3:00

Half Moon Bay Woodside @ Capuchino

### Tuesday - March 26, 2024 - 3:00

Capuchino, South San Francisco @ Jefferson

### Wednesday - March 27, 2024 - 3:00

Burlingame, Woodside @ El Camino

### Tuesday - April 2, 2024 - 3:00

Terra Nova, Oceana @ Half Moon Bay

### Wednesday- April 10, 2024 - 3:00

Half Moon Bay, South San Francisco @ Burlingame

### Wednesday - April 17, 2024 - 3:00

Capuchino, El Camino @ Oceana  
Jefferson, Terra Nova @ Woodside

### PAL Varsity Championships @ Menlo-Atherton

Varsity Trials: Thursday - April 25, 2024  
Field Events 4:00pm - Running Events 5:00pm  
Finals: Saturday - May 4, 2024 TBD

### PAL FS Championships @ Terra Nova

Saturday - April 27, 2024  
Field Events 9:00am - Running Events 10:00am

### CCS Championships @ TBD

Semi-Finals - Saturday - May 11, 2024  
Finals - Saturday - May 18, 2024

**Revised 7-22-23**