

# Peninsula Athletic League Wrestling 2024

## Bay Division

Burlingame.Capuchino.Carlmont.Half Moon Bay.Hillsdale.Menlo-Atherton.San Mateo.Terra Nova  
Practice 10-30-23/Scrimmage 11-13-23/Contests 11-20-23/Max # Matches 40/Director of Wrestling: Ray Reyes, El Camino

**PAL Novice Tournament – Saturday - December 9, 2023 @ Woodside – 9:00am/weigh-ins @ 7:00am**

**Match #1 – Monday - January 8, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Half Moon Bay @ Carlmont

**Match #1 – Tuesday - January 9, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Burlingame @ San Mateo  
Menlo-Atherton @ Terra Nova  
Hillsdale @ Capuchino

**Match #2 – Thursday - January 11, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Hillsdale @ Half Moon Bay  
Burlingame @ Terra Nova  
Capuchino @ San Mateo  
Menlo-Atherton @ Carlmont

**Match #3 - Monday - January 15, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Carlmont @ Hillsdale

**Match #3 - Tuesday - January 16, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Menlo-Atherton @ Capuchino  
Terra Nova @ San Mateo  
Burlingame @ Half Moon Bay

**Match #4 -Thursday - January 18, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Burlingame @ Carlmont  
Capuchino @ Half Moon Bay  
Terra Nova @ Hillsdale  
San Mateo @ Menlo-Atherton

**Match #5 – Tuesday - January 23, 2024 – 6:00pm/weigh-ins @ 5:00pm**

Hillsdale @ San Mateo  
Terra Nova @ Half Moon Bay  
Carlmont @ Capuchino  
Burlingame @ Menlo-Atherton

**Match #6 – Thursday - January 25, 2024 – 6:00pm/weigh-ins 5:00pm**

Carlmont @ San Mateo  
Capuchino @ Terra Nova  
Burlingame @ Hillsdale  
Half Moon Bay @ Menlo-Atherton

**Match #7 - Monday - January 29, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Burlingame @ Capuchino  
San Mateo @ Half Moon Bay

**Match #7 - Tuesday - January 30, 2024 - 6:00pm/weigh-ins @ 5:00pm**

Terra Nova @ Carlmont  
Menlo-Atherton @ Hillsdale

**PAL Championships - Saturday - February 3, 2024 @ Terra Nova - TBD**

**CCS Subdivision - Saturday - February 10, 2024 @ - TBD**

**CCS Finals - Saturday - February 17, 2024 @ TBD**

**CIF State Championships - February 22-24 @ Bakersfield**

# Peninsula Athletic League Wrestling 2024

## Ocean Division

Aragon.El Camino.Mills.Oceana.Sequoia.South San Francisco.Westmoor.Woodside

Practice 10-30-22/Scrimmage 11-13-22/Contest 11-20-22/Max # Matches 40/Director of Wrestling: Ray Reyes, El Camino

**PAL Novice Tournament - Saturday - December 9, 2023 @ Woodside - 9:00am/weigh-ins @ 7:00am**

**Match #1 - Tuesday - January 9, 2024 @ Oceana - 5:00pm/weigh-ins @ 3:30pm**

El Camino vs. Aragon  
Mills vs. Woodside  
Oceana vs. Westmoor  
Sequoia vs. South San Francisco

**Match #2 – Thursday - January 11, 2024 @ South San Francisco - 5:00pm/weigh-ins @ 3:30pm**

Mills vs. Oceana  
Aragon vs. Westmoor  
Woodside vs. South San Francisco  
El Camino vs. Sequoia

**Match #3 – Tuesday - January 16, 2024 @ Sequoia - 5:00pm/weigh-ins @ 3:30pm**

South San Francisco vs. El Camino  
Westmoor vs. Woodside  
Oceana vs. Aragon  
Sequoia vs. Mills

**Match #4 – Thursday- January 18, 2024 @ Mills - 5:00pm/weigh-ins @ 3:30pm**

Westmoor vs. Sequoia  
Woodside vs. Oceana  
El Camino vs. Mills  
South San Francisco vs. Aragon

**Match #5 - Tuesday - January 23, 2024 @ Aragon - 5:00pm/weigh-ins @ 3:30pm**

Aragon vs. Mills  
Oceana vs. El Camino  
Sequoia vs. Woodside  
South San Francisco vs. Westmoor

**Match #6 - Thursday - January 25, 2024 @ El Camino - 5:00pm/weigh-ins @ 3:30pm**

Oceana vs. Sequoia  
Woodside vs. Aragon  
El Camino vs. Westmoor  
Mills vs. South San Francisco

**Match #7 - Tuesday - January 30, 2024 @ Woodside - 5:00pm/weigh-ins @ 3:30pm**

Westmoor vs. Mills  
Woodside vs. El Camino  
Aragon vs. Sequoia  
South San Francisco vs. Oceana

**PAL Championships - Saturday - February 3, 2024 @ Terra Nova - TBD**

**CCS Subdivision - Saturday - February 10, 2024 @ - TBD**

**CCS Masters - Saturday - February 17, 2024 @ - TBD**

**CIF State Championships - February 22-24 @ Bakersfield**