

# How does NBL and Redwood Empire Area (Varsity only) advancement work for Track & Field (Spring 2026)...?

**NBL Championship Pennant is best regular season NBL Win/Loss Record (4 meets)**

**NBL OAK  
Team Championship Pennant (5 Schools)**

- Boys Team Champion
- Girls Team Champion

**NBL REDWOOD  
Team Champion Pennant (6 Schools)**

- Boys Team Champion
- Girls Team Champion

<p><b>NBL OAK (5 schools):</b>                  Analy                  Maria Carrillo                  Montgomery                  Santa Rosa                  Windsor</p>
<p><b>NBL REDWOOD (6 schools):</b>                  Cardinal Newman                  Elsie Allen                  Healdsburg                  Piner                  Rancho Cotate                  Ukiah</p>

**Combined NBL Oak + Redwood Championships (Windsor HS Host at SRJC)**

**-Trials Tuesday, 5/5/26  
-Finals Thursday, 5/7/26**

**NBL Team Tournament Championship Pennant based on event placing points from Finals: (10-8-6-4-2-1)**

- Boys Team Champion
- Girls Team Champion

<p><b>Combined NBL Oak + Redwood Tournament Championships (11 schools):</b>                  Analy                  Cardinal Newman                  Elsie Allen                  Healdsburg                  Maria Carrillo                  Montgomery                  Piner                  Rancho Cotate                  Santa Rosa                  Ukiah                  Windsor</p>
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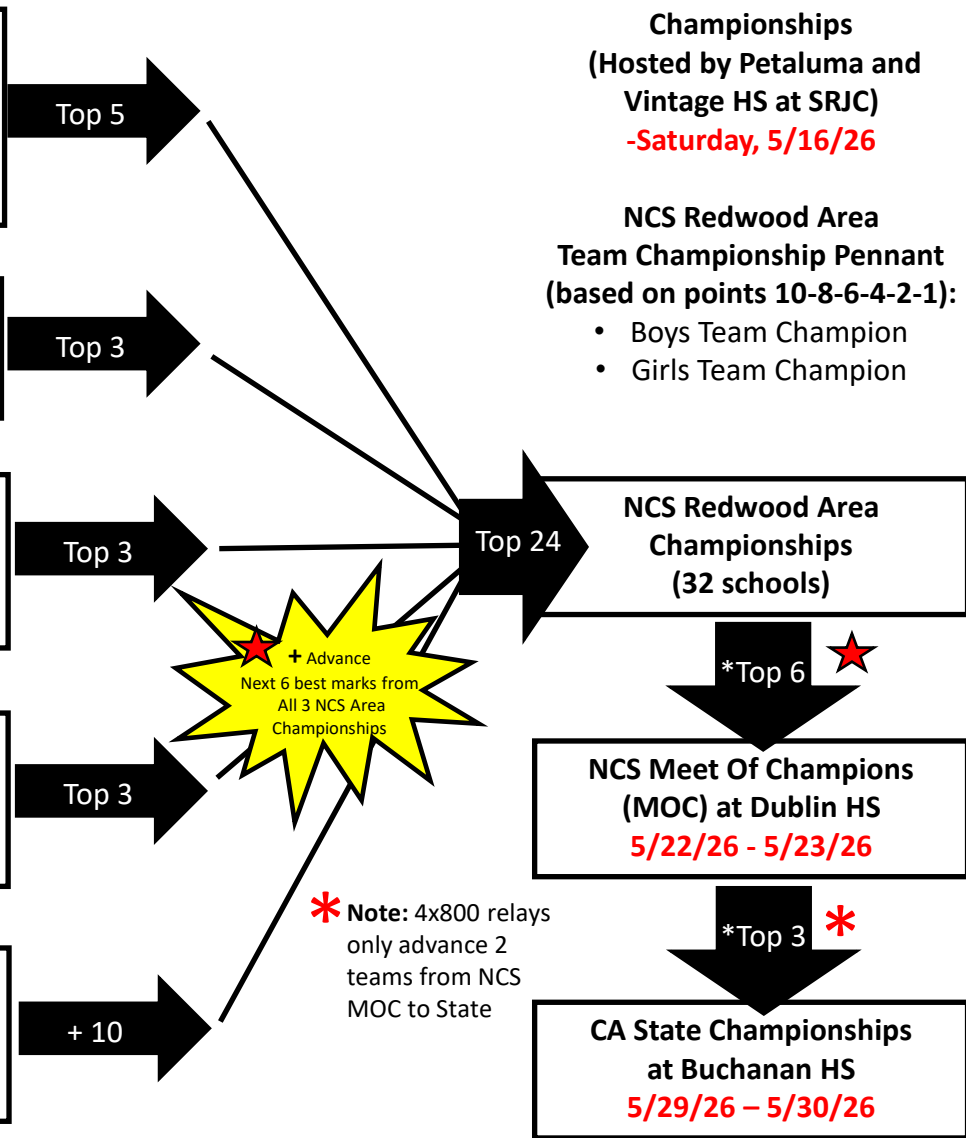
<p><b>NBL (11 schools)</b>  <u>Top 5 in Finals auto qualify</u>                  Analy, Cardinal Newman, Elsie Allen, Healdsburg, Maria Carrillo, Montgomery, Piner, Rancho Cotate, Santa Rosa, Ukiah, Windsor</p>	<p><b>Top 5</b></p>
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<p><b>HDNL (5 schools)</b>  <u>Top 3 in Finals auto qualify</u>                  Arcata, Del Norte, Eureka, Fortuna, McKinleyville</p>	<p><b>Top 3</b></p>
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<p><b>MCAL (8 schools)</b>  <u>Top 3 in Finals auto qualify</u>                  Marin Catholic, Novato, Redwood, San Marin, San Rafael, Archie Williams, Tamalpais, Terra Linda</p>	<p><b>Top 3</b></p>
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<p><b>VVAL (7 schools)</b>  <u>Top 3 in Finals auto qualify</u>                  American Canyon, Casa Grande, Justin Siena, Napa, Petaluma, Sonoma, Vintage</p>	<p><b>Top 3</b></p>
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<p><b>+ NEXT BEST 10 MARKS FROM ALL 4 LEAGUE RESULTS</b>                  ?</p>	<p><b>+ 10</b></p>
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**Note:** Any Lower Lake Athletes placing in the top 4 in the CMC League meet will auto-advance to NCS Redwood Area Championships

**\* Note:** Athletes can also advance by making "At Large" standards