

## Salinas High School Athletics

### Early Release Schedule

| Sport                       | Opponent                  | Location      | Time    | Release      |
|-----------------------------|---------------------------|---------------|---------|--------------|
| <b>Tuesday, Sept 2:</b>     |                           |               |         |              |
| Varsity Girls Golf          | Pacific Grove             | Crazy Horse   | 3:30 PM | 2:00 Release |
| JV Girls Flag Football      | Alisal                    | Alisal        | 4:00 PM | 2:23 Release |
| Varsity Girls Flag Football | Alisal                    | Alisal        | 5:45 PM | No Release   |
| Varsity Volleyball          | Harbor                    | Harbor        | 6:00 PM | No Release   |
| JV Volleyball               | Harbor                    | Harbor        | 5:00 PM | 3:10 Release |
| Frosh Volleyball            | Harbor                    | Harbor        | 4:00 PM | 2:00 Release |
| <b>Wednesday, Sept 3:</b>   |                           |               |         |              |
| Varsity Girls Flag Football | St. Francis               | St. Francis   | 4:00 PM | 2:00 Release |
| <b>Thursday, Sept 4:</b>    |                           |               |         |              |
| Varsity Volleyball          | Santa Cruz                | Salinas       | 6:00 PM | No Release   |
| JV Volleyball               | Santa Cruz                | Salinas       | 5:00 PM | No Release   |
| Frosh Volleyball            | Santa Cruz                | Salinas       | 4:00 PM | 3:10 Release |
| JV Boys Water Polo          | Monterey                  | Hartnell      | 4:00 PM | 2:23 Release |
| Varsity Boys Water Polo     | Monterey                  | Hartnell      | 5:00 PM | No Release   |
| JV Girls Water Polo         | Monterey                  | Hartnell      | 6:00 PM | No Release   |
| Varsity Girls Water Polo    | Monterey                  | Hartnell      | 7:00 PM | No Release   |
| Varsity Field Hockey        | Carmal                    | Carmel        | 3:30 PM | 1:20 Release |
| <b>Friday, Sept 5:</b>      |                           |               |         |              |
| JV Football                 | Valley Christian          | Salinas       | 4:30 PM | 3:00 Release |
| JV Cheer                    | Valley Christian          | Salinas       | 4:30 PM | No Release   |
| Varsity Football            | Valley Christian          | Salinas       | 7:00 PM | No Release   |
| Varsity Cheer               | Valley Christian          | Salinas       | 7:00 PM | No Release   |
| Varsity Girls Water Polo    | Pioneer Valley Tournament | PVHS          | 1:45 PM | 9:27 Release |
| <b>Saturday, Sept 6:</b>    |                           |               |         |              |
| Cross Country               | Henderson Memorial        | NMCHS         | 9:00 AM | No Release   |
| Frosh Volleyball            | Harbor Tournament         | Harbor        | 8:00 AM | No Release   |
| Varsity Boys Water Polo     | Pacific Grove Tournament  | Pacific Grove | TBA     | No Release   |
| Varsity Girls Water Polo    | Pioneer Valley Tournament | PVHS          | TBA     | No Release   |
| <b>Monday, Sept 8:</b>      |                           |               |         |              |
| JV Girls Flag Football      | Watsonville               | Salinas       | 5:00    | No Release   |
| Varsity Girls Flag Football | Watsonville               | Salinas       | 6:30    | No Release   |
| Varsity Field Hockey        | Leland                    | Leland        | 5:00    | 2:23 Release |

**Please note:**

1. If your early release is at the beginning of a period, you will not need to go to that class and check in.
2. If the early release is for any time into the period (i.e. 10-15 minutes) and you do not go to that class, you will receive a cut.
3. If you decide to leave earlier than your release, you will receive a cut. All teachers have the release schedule and have been told to not let anyone out early unless they hear from the athletic office requesting an earlier release.
4. If you receive a cut, you will not be able to compete that day.