

PCAL GIRLS LACROSSE SPRING 2026

Cover Sheet

Pre Season Meeting

Monday January 26, 2026 7:00 PM Palma

Last League Contest	Sat, May 9, 2026
CCS Seeding Meeting	Sun, May 10, 2026 (Boys at 1:00 PM; Girls at 2:00 PM)
Begin CCS Playoffs	Tues, May 12, 2026
End CCS Playoffs	Sat, May 16, 2026
CCS Evaluation Meeting	Weds, May 27, 2026 (6:00 PM)

Contest Limit: 20 games (tournament counts as one game per day played)

Starting Dates:	Practices: Mon February 2, 2026
	Scrimmages: Mon February 16, 2026
	Contests: Mon February 23, 2026

PCAL Girls LAX 2026 (10 schools): Aptos, Carmel, Monterey, Monte Vista Christian, Salinas, Scotts Valley, Santa Catalina, Santa Cruz, Soquel and Stevenson

Division Coach Reps: TBD

Division AD Reps: TBD

PCAL Girls Lacrosse: Spring 2026

DATE	DAY	Break	TIME	AWAY	HOME	Level	DIVISION	JV Game?
3/2/2026	Monday	Stevenson (Expo)	Week 1	Carmel	Soquel		Gabilan (Girls)	
3/3/2026	Tuesday	Stevenson (Expo)	Week 1	Monterey	Santa Cruz		Gabilan (Girls)	
3/4/2026	Wednesday	Stevenson (Expo)	Week 1	MVC	Santa Catalina		Gabilan (Girls)	
3/5/2026	Thursday	Stevenson (Expo)	Week 1	Salinas	Aptos		Gabilan (Girls)	
3/6/2026	Friday	Stevenson (Expo)	Week 1	Scotts Valley	Stevenson		Gabilan (Girls)	
3/9/2026	Monday	Stevenson	Week 2	Carmel	Santa Cruz		Gabilan (Girls)	
3/10/2026	Tuesday	Stevenson	Week 2	Soquel	Santa Catalina		Gabilan (Girls)	
3/11/2026	Wednesday	Stevenson	Week 2	Monterey	Aptos		Gabilan (Girls)	
3/13/2026	Friday	Stevenson, York	Week 2	Salinas	Scotts Valley		Gabilan (Girls)	
3/16/2026	Monday	Stevenson, York	Week 4	Carmel	Aptos		Gabilan (Girls)	
3/18/2026	Wednesday	Stevenson, York	Week 4	Santa Cruz	Scotts Valley		Gabilan (Girls)	
3/19/2026	Thursday	Stevenson, York	Week 4	Soquel	Salinas		Gabilan (Girls)	
3/20/2026	Friday	Stevenson, York	Week 4	Monterey	MVC		Gabilan (Girls)	
3/23/2026	Monday	Salinas, Monterey	Week 8	Carmel	MVC		Gabilan (Girls)	
3/24/2026	Tuesday	Salinas, Monterey	Week 8	Salinas	Monterey		Gabilan (Girls)	
3/25/2026	Wednesday	Salinas, Monterey	Week 8	Aptos	Santa Catalina		Gabilan (Girls)	
3/26/2026	Thursday	Salinas, Monterey	Week 8	Stevenson	Santa Cruz		Gabilan (Girls)	
3/27/2026	Friday	Salinas, Monterey, Santa Catalina	Week 8	Scotts Valley	Soquel		Gabilan (Girls)	
3/30/2026	Monday	Monterey, Santa Catalina, Hollister	Week 5	Carmel	Stevenson		Gabilan (Girls)	
3/31/2026	Tuesday	Monterey, Santa Catalina, Hollister	Week 5	Santa Cruz	MVC		Gabilan (Girls)	
4/1/2026	Wednesday	Monterey, Santa Catalina, Hollister	Week 5	Aptos	Scotts Valley		Gabilan (Girls)	
4/2/2026	Thursday	Monterey, Santa Catalina, Hollister	Week 7	Carmel	Salinas		Gabilan (Girls)	
4/7/2026	Tuesday	MVC, Palma, Santa Cruz, Scotts Valley, Soquel, Los Gatos, Aptos	Week 6	Stevenson	Salinas		Gabilan (Girls)	
4/8/2026	Wednesday	MVC, Palma, Santa Cruz, Scotts Valley, Soquel, Los Gatos, Aptos	Week 6	Santa Catalina	Monterey		Gabilan (Girls)	
4/9/2026	Thursday	MVC, Palma, Santa Cruz, Scotts Valley, Soquel, Los Gatos, Aptos						
4/10/2026	Friday	MVC, Palma, Santa Cruz, Scotts Valley, Soquel, Los Gatos, Aptos, PG, Carmel	Week 5	Santa Catalina	Salinas		Gabilan (Girls)	
4/13/2026	Monday	Scotts Valley, PG, Carmel	Week 7	Stevenson	Monterey		Gabilan (Girls)	
4/14/2026	Tuesday	PG, Carmel	Week 7	Scotts Valley	MVC		Gabilan (Girls)	
4/15/2026	Wednesday	PG, Carmel	Week 6	Santa Cruz	Soquel		Gabilan (Girls)	
4/16/2026	Thursday	PG, Carmel	Week 7	Santa Catalina	Santa Cruz		Gabilan (Girls)	
4/17/2026	Friday	PG, Carmel	Week 7	Aptos	Soquel		Gabilan (Girls)	
4/20/2026	Monday		Week 3	Carmel	Santa Catalina		Gabilan (Girls)	
4/21/2026	Tuesday		Week 3	Soquel	Stevenson		Gabilan (Girls)	
4/22/2026	Wednesday		Week 3	Santa Cruz	Aptos		Gabilan (Girls)	
4/23/2026	Thursday		Week 3	Monterey	Scotts Valley		Gabilan (Girls)	
4/24/2026	Friday		Week 3	MVC	Salinas		Gabilan (Girls)	
4/27/2026	Monday		Week 9	Carmel	Monterey		Gabilan (Girls)	
4/28/2026	Tuesday		Week 9	MVC	Soquel		Gabilan (Girls)	
4/29/2026	Wednesday		Week 9	Salinas	Santa Cruz		Gabilan (Girls)	
4/30/2026	Thursday		Week 9	Scotts Valley	Santa Catalina		Gabilan (Girls)	
5/1/2026	Friday		Week 9	Stevenson	Aptos		Gabilan (Girls)	
5/4/2026	Monday		Week 2	MVC	Stevenson		Gabilan (Girls)	
5/5/2026	Tuesday		Week 5	Soquel	Monterey		Gabilan (Girls)	
5/6/2026	Wednesday		Week 6	Carmel	Scotts Valley		Gabilan (Girls)	
5/7/2026	Thursday		Week 6	Aptos	MVC		Gabilan (Girls)	
5/8/2026	Friday		Week 4	Santa Catalina	Stevenson		Gabilan (Girls)	
5/9/2026	Saturday			Play-In?				