

Metro High School Varsity Volleyball League 2023

Date	Away	Home	Time	Winning Team
Tues Sept 19th	DH AUB MHS	MOS WL CPA	6pm 6pm 6pm	
Thurs Sept 21st	LV	MHS	6pm	
	HW	CPA	6pm	
	CIT	JL	6pm	
	SHS	SOM	6pm	
	BV	AUB	6pm	
	WL	MOS	6pm	
Tues. Sept 26th	CPA	LV	6pm	
	MHS	JL	6pm	
	HW	SOM	6pm	
	SHS	CIT	6pm	
	AUB	DH	6pm	
	BV	WL	6pm	
Thurs.Sept 28th	LV	JL	6pm	
	CPA	SOM	6pm	
	MHS	SHS	8:00pm	
	HW	CIT	6pm	
	DH	MOS	6pm	
	AUB	WL	6pm	
Tues Oct 3rd	HW	LV	6pm	
	CIT	MHS	6pm	
	SHS	CPA	6pm	
	SOM	JL	6pm	
	DH	AUB	6pm	
	WL	BV	6pm	

Date	Away	Home	Time	Winning Team
Thurs Oct 5th	LV	SHS	8:00pm	
	SOM	CIT	6pm	
	JL	HW	4:30pm	
	CPA	MHS	6pm	
	DH	BV	6pm	
	MOS	AUB	6pm	
Tues Oct 10th	CIT	LV	6pm	
	SHS	HW	4:30pm	
	SOM	MHS	6pm	
	JL	CPA	6pm	
	AUB	BV	6pm	
	MOS	WL	6pm	
Thurs Oct 12th	SOM	LV	6pm	
	JL	SHS	8:00pm	
	CPA	CIT	6pm	
	MHS	HW	4:30pm	
	WL	DH	6pm	
	MOS	BV	6pm	
Tues Oct 17th	MHS	LV	6pm	
	CPA	HW	4:30pm	
	JL	CIT	6pm	
	SOM	SHS	8:00pm	
	MOS	DH	6pm	
	WL	AUB	6pm	

Date	Away	Home	Time	Winning Team
Thurs Oct 19th	LV	CPA	6pm	
	JL	MHS	6pm	
	SOM	HW	6pm	
	CIT	SHS	8:00pm	
	WL	DH	6pm	
	BV	MOS	6pm	
Tues Oct 24th	JL	LV	6pm	
	SOM	CPA	6pm	
	SHS	MHS	6pm	
	CIT	HW	4:30pm	
	BV	DH	6pm	
	AUB	MOS	6pm	
Thurs. Oct 26th	LV	SOM	6pm	
	SHS	JL	6pm	
	CIT	CPA	6pm	
	HW	MHS	6pm	
	BV	AUB	6pm	
	WL	MOS	6pm	
Tues. Oct 31st	SHS	LV	6pm	
	CIT	SOM	6pm	
	HW	JL	6pm	
			6pm	
	AUB	DH	6pm	
	BV	WL	6pm	

Date	Away	Home	Time	Winning Team
Thurs Nov 2nd	LV	CIT	6pm	
	HW	SHS	8:00pm	
	MHS	SOM	6pm	
	CPA	JL	6pm	
	DH	BV	6pm	
	MOS	AUB	6pm	
Tues Nov 7th	LV	HW	4:30pm	
	MHS	CIT	6pm	
	CPA	SHS	8:00pm	
	JL	SOM	6pm	
	DH	WL	6pm	
	MOS	BV	6pm	
moved to Sept 19	DH	MOS	6pm	
	AUB	WL	6pm	
Thurs Nov 9th	PLAYOFFS			
Tues Nov 14th	Playoffs			
Wed Nov 15th	Playoffs			
Thurs Nov 16th	Playoffs			
Fri Nov 17th	Playoffs			

Capital Region Playoffs Completed by Friday Nov 17th

Tier 1

Team	Wins	Loss	Points total	Rank(as of Nov 10th)
Citadel				
CPA				
Halifax West				
JL				
Lockview				
Millwood				
SHS				
Sommet				

Standings Tier 2

Team	Wins	Loss	Points total	Rank (As of Nov 7th)
Auburn				
Bayview				
Dartmouth High				
Mosaique				
Woodlawn				

Metro League Standings for Capital Regional playoffs

Capital Regional Playoffs 2023

PROVINCIALS: Division 1 Girls Host – Western REGIONAL CHAMPION
Dec 1st - 2nd

Teams participating in Qualifying games: