| Sports | First Practice | First Contest | End of Regular Season Play | Contests Allowed* | Tournaments Allowed |
| :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | FALL |  |  |  |
| Volleyball Varsity/JV Jr. High/Middle | Aug. 7* Aug. 7 | Aug. 24 <br> Aug. 24 | Oct. 16 <br> Oct. 8 | 15 dates <br> 12 dates | Weekends only ++ Weekends only++ |
| Football Varsity/JV Jr. High/Middle | Aug. 7* <br> Aug. 7 | Aug. 24/28 <br> Aug. 31 | Nov. 3 <br> Nov. 3 | 10 contests <br> 8 contests | $\begin{aligned} & \text { N/A } \\ & \text { N/A } \end{aligned}$ |
| $\begin{aligned} & \hline \text { Cross Country } \\ & \text { Varsity/JV } \\ & \text { Jr. High/Middle } \\ & \hline \end{aligned}$ | Aug. 7* Aug. 7 | Aug. 24 <br> Aug. 24 | Nov. 1 <br> Oct. 15 | 10 meets 8 meets | $\begin{aligned} & \text { N/A } \\ & \text { N/A } \end{aligned}$ |
| Swimming | Aug. 7* | Aug. 24 | Nov. 16 | 8 meets | N/A |
| ${ }^{*}$ July $31^{\text {st }}$ if no spring evaluations |  | WINTER |  |  |  |
| Basketball Boys/Girls Varsity/JV Jr. High/ Middle | Oct. 16 <br> Sept. 18 | Nov. 2 Oct. 5 | Feb. 3 Jan. 27 | 30 contests <br> 24 contests | (counted in total games allowed)+= |
| Bowling Boys/Girls Varsity/JV Jr. High/ Middle | $\begin{aligned} & \text { Oct. } 2 \\ & \text { Oct. } 2 \end{aligned}$ | Oct. 19 <br> Oct. 19 | $\begin{aligned} & \text { Jan. } 26 \\ & \text { Jan. } 26 \end{aligned}$ | 18 dates <br> 12 dates | $\begin{aligned} & 5 \\ & 2 \end{aligned}$ |
| Wrestling <br> Varsity/JV <br> Jr. High/ Middle | Oct. 23 <br> Oct. 16 | Nov. 9 <br> Nov. 2 | Feb. 8 <br> Feb. 3 | 14 dates <br> 8 dates | Weekends/Holidays ++ <br> Weekends/Holidays ++ |
| ```Indoor Track Varsity/JV Jr. High/Middle``` | Nov. 6 <br> Nov. 6 | Nov. 23 <br> Nov. 23 | Feb. 1 <br> Jan. 20 | $\begin{aligned} & 5 \\ & 4 \end{aligned}$ | N/A |
|  |  | SPRING |  |  |  |
| Tennis <br> Girls Varsity/JV <br> Boys Varsity/JV <br> Jr. High/Middle | $\begin{aligned} & \text { Jan. } 8 \\ & \text { Jan. } 8 \\ & \text { Jan. } 8 \\ & \hline \end{aligned}$ | $\begin{aligned} & \text { Jan. } 25 \\ & \text { Jan. } 25 \\ & \text { Jan. } 25 \end{aligned}$ | April 15 April 15 April 7 | 18 dates 18 dates 10 dates | $\begin{aligned} & 3 \\ & 3 \\ & 2 \\ & \hline \end{aligned}$ |
| Soccer Varsity/JV Jr. High/Middle | $\begin{aligned} & \text { Jan. } 15 \\ & \text { Jan. } 15 \end{aligned}$ | Feb. 1 <br> Feb. 1 | April 24 April 21 | $\begin{gathered} 18(6 \mathrm{~A}) \text { matches } \\ 20(1 \mathrm{~A}-3 \mathrm{~A}, 4 \mathrm{~A}, \\ 5 \mathrm{~A}, 7 \mathrm{~A}) \\ 14 \text { matches } \end{gathered}$ | $\begin{aligned} & 2^{\wedge} \\ & 2^{\wedge} \end{aligned}$ |
| ```Softball (throwing 1/8**) Varsity/JV Jr. High/Middle``` | $\begin{aligned} & \text { Jan. } 15 \\ & \text { Jan. } 15 \end{aligned}$ | Feb. 15 <br> Feb. 15 | May 2 April 25 | 18 games 14 games | $\begin{aligned} & 7++ \\ & 5++ \end{aligned}$ |
| $\begin{aligned} & \hline \text { Baseball (throwing } \\ & \text { 1/8**) } \\ & \text { 1A-6A Varsity/JV } \\ & \text { 1A-6A Jr. High/ Middle } \\ & \text { 7A Varsity/JV } \\ & \text { 7A Jr. High/ Middle } \end{aligned}$ | $\begin{aligned} & \text { Jan. } 15 \\ & \text { Jan. } 15 \end{aligned}$ | Feb. 15 <br> Feb. 15 | April 18 <br> April 18 | 28 games > <br> 24 games> <br> 32 games> <br> 26 games> | (counted in total games allowed) |
| Golf Girls Varsity/JV Boys Varsity/JV Jr. High/Middle | Jan. 15 <br> Jan. 15 <br> Jan. 15 | Feb. 8 <br> Feb. 8 <br> Feb. 8 | April 28 April 28 April 15 | 14 dates 14 dates 8 dates | Only weekend tourneys included in playing dates. |
| $\begin{aligned} & \text { Outdoor Track } \\ & \text { Varsity/JV } \\ & \text { Jr. High/Middle } \end{aligned}$ | Feb. 5 <br> Feb. 5 | Feb. 22 <br> Feb. 22 | April 25 <br> April 20 | 10 meets 8 meets | $\begin{aligned} & \mathrm{n} / \mathrm{a} \\ & \mathrm{n} / \mathrm{a} \end{aligned}$ |

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[^0]:    KEYS \& EXPLANATION *=Includes only regular season contests per school. **Throwing conditioning (gloves \& balls only) +=Not counted as playing dates. ++=Must be held with no loss of school time; N/A=Not applicable ^ Third soccer tournament allowed (no loss of school time) with each match counting as a regular season match. NOTE: In all sports, a team's season ends when the team is eliminated in the state championship program. A team's season begins the day of its first contest in that sport. > Games played during the schools spring break do not count in the total games allowed. (See Baseball section in 2023-24 Sports Book)

