<table>
<thead>
<tr>
<th>SPORT/ACTIVITY</th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>START DATE</td>
<td>END DATE</td>
</tr>
<tr>
<td><strong>FALL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>FOOTBALL</strong></td>
<td>AUG 18</td>
<td>DEC 4</td>
</tr>
<tr>
<td><strong>CROSS COUNTRY (BOYS &amp; GIRLS)</strong></td>
<td>AUG 23</td>
<td>NOV 6</td>
</tr>
<tr>
<td><strong>GOLF (BOYS &amp; GIRLS) <em>ALTERNATE SEASON</em></strong></td>
<td>AUG 23</td>
<td>MAY 25</td>
</tr>
<tr>
<td><strong>SOCCER (GIRLS, 1B/2B BOYS)</strong></td>
<td>AUG 23</td>
<td>NOV 20</td>
</tr>
<tr>
<td><strong>SOFTBALL (SLOWPITCH)</strong></td>
<td>AUG 23</td>
<td>OCT 30</td>
</tr>
<tr>
<td><strong>SWIMMING &amp; DIVING (GIRLS)</strong></td>
<td>AUG 23</td>
<td>NOV 13</td>
</tr>
<tr>
<td><strong>TENNIS (BOYS &amp; GIRLS) <em>ALTERNATE SEASON</em></strong></td>
<td>AUG 23</td>
<td>MAY 28</td>
</tr>
<tr>
<td><strong>VOLLEYBALL</strong></td>
<td>AUG 23</td>
<td>NOV 13 OR 20</td>
</tr>
<tr>
<td><strong>WINTER</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BOWLING (GIRLS)</strong></td>
<td>NOV 1</td>
<td>FEB 5</td>
</tr>
<tr>
<td><strong>CHEERLEADING</strong></td>
<td>NOV 1</td>
<td>FEB 5</td>
</tr>
<tr>
<td><strong>GYMNASTICS</strong></td>
<td>NOV 15</td>
<td>FEB 26</td>
</tr>
<tr>
<td><strong>BASKETBALL (BOYS &amp; GIRLS)</strong></td>
<td>NOV 15</td>
<td>MAR 5</td>
</tr>
<tr>
<td><strong>DANCE/DRILL</strong></td>
<td>NOV 15</td>
<td>MAR 26</td>
</tr>
<tr>
<td><strong>SWIMMING &amp; DIVING (BOYS)</strong></td>
<td>NOV 15</td>
<td>FEB 19</td>
</tr>
<tr>
<td><strong>WRESTLING (BOYS &amp; GIRLS)</strong></td>
<td>NOV 15</td>
<td>FEB 19</td>
</tr>
<tr>
<td><strong>SPRING</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>BASEBALL</strong></td>
<td>FEB 28</td>
<td>MAY 28</td>
</tr>
<tr>
<td><strong>SOFTBALL (FASTPITCH)</strong></td>
<td>FEB 28</td>
<td>MAY 28</td>
</tr>
<tr>
<td><strong>GOLF (BOYS &amp; GIRLS)</strong></td>
<td>FEB 28</td>
<td>MAY 25</td>
</tr>
<tr>
<td><strong>SOCCER (1A-4A BOYS)</strong></td>
<td>FEB 28</td>
<td>MAY 28</td>
</tr>
<tr>
<td><strong>TENNIS (BOYS &amp; GIRLS)</strong></td>
<td>FEB 28</td>
<td>MAY 28</td>
</tr>
<tr>
<td><strong>TRACK &amp; FIELD (BOYS &amp; GIRLS)</strong></td>
<td>FEB 28</td>
<td>MAY 28</td>
</tr>
</tbody>
</table>
## FALL

### FOOTBALL

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 18, 2021</td>
<td>AUG 17, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>OCT 11, 2021</td>
<td>OCT 12, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>DECEMBER 4, 2021</td>
<td>DECEMBER 3, 2022</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH</td>
<td>6 + JAMBOREE</td>
<td>6 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM</td>
<td>7 + JAMBOREE</td>
<td>7 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 9TH</td>
<td>7 + JAMBOREE</td>
<td>7 + JAMBOREE</td>
</tr>
</tbody>
</table>

### CROSS COUNTRY (BOYS & GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>SEP 27, 2021</td>
<td>SEP 26, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>NOV 6, 2021</td>
<td>NOV 5, 2022</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS</td>
<td>7 + JAMBOREE</td>
<td>7 + JAMBOREE</td>
</tr>
</tbody>
</table>
# GOLF (BOYS & GIRLS) *ALTERNATE SEASON*

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>OCT 4, 2021</td>
<td>OCT 3, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 25, 2022</td>
<td>MAY 24, 2023</td>
</tr>
</tbody>
</table>

## MIDDLE LEVEL/JUNIOR HIGH

| TOTAL SEASON LENGTH INCLUDING PRACTICES | 12 WEEKS | 12 WEEKS |

# SOCCER (GIRLS, 1B/2B BOYS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>OCT 4, 2021</td>
<td>OCT 3, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>16 + JAMBOREE</td>
<td>16 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>NOV 20, 2021</td>
<td>NOV 19, 2022</td>
</tr>
</tbody>
</table>

## MIDDLE LEVEL/JUNIOR HIGH

| TOTAL SEASON LENGTH INCLUDING PRACTICES | 12 WEEKS | 12 WEEKS |

| MINIMUM PRACTICE DAYS | 8 | 8 |
| MAXIMUM CONTESTS     | 10 + JAMBOREE | 10 + JAMBOREE |

# SOFTBALL (SLOWPITCH)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>SEP 27, 2021</td>
<td>SEP 26, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>20 + JAMBOREE</td>
<td>20 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>OCT 30, 2021</td>
<td>OCT 29, 2022</td>
</tr>
</tbody>
</table>

## MIDDLE LEVEL/JUNIOR HIGH

| TOTAL SEASON LENGTH INCLUDING PRACTICES | 12 WEEKS | 12 WEEKS |

| MINIMUM PRACTICE DAYS | 8 | 8 |
| MAXIMUM CONTESTS: 7TH/8TH | 10 + JAMBOREE | 10 + JAMBOREE |
| MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM | 10 + JAMBOREE | 10 + JAMBOREE |
| MAXIMUM CONTESTS: 9TH | 12 + JAMBOREE | 12 + JAMBOREE |
### SWIMMING & DIVING (GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>OCT 4, 2021</td>
<td>OCT 3, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>NOV 13, 2021</td>
<td>NOV 12, 2022</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
</tbody>
</table>

### TENNIS (BOYS & GIRLS) *ALTERNATE SEASON*

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>OCT 4, 2021</td>
<td>OCT 3, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>16 + JAMBOREE</td>
<td>16 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 28, 2022</td>
<td>MAY 27, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
</tbody>
</table>

### VOLLEYBALL

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>AUG 23, 2021</td>
<td>AUG 22, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>OCT 4, 2021</td>
<td>OCT 3, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>18 + JAMBOREE</td>
<td>18 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>11/13 OR 11/20</td>
<td>11/12 OR 11/19</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 9TH</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
</tbody>
</table>
## WINTER

### BOWLING (GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>NOV 1, 2021</td>
<td>OCT 31, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>DECEMBER 20, 2021</td>
<td>DECEMBER 19, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>18 + JAMBOREE</td>
<td>18 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>FEBRUARY 5, 2022</td>
<td>FEBRUARY 4, 2023</td>
</tr>
</tbody>
</table>

### CHEERLEADING

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>NOVEMBER 1, 2021</td>
<td>OCTOBER 31, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>DECEMBER 20, 2021</td>
<td>DECEMBER 19, 2022</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>SEASON END</td>
<td>FEBRUARY 5, 2022</td>
<td>FEBRUARY 4, 2023</td>
</tr>
</tbody>
</table>

### GYMNASTICS

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>NOVEMBER 15, 2021</td>
<td>NOVEMBER 14, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>JANUARY 3, 2022</td>
<td>JANUARY 2, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>FEBRUARY 26, 2022</td>
<td>FEBRUARY 25, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
</tbody>
</table>
### BASKETBALL (BOYS & GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>NOVEMBER 15, 2021</td>
<td>NOVEMBER 14, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>JANUARY 10, 2022</td>
<td>JANUARY 9, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>20 + JAMBOREE</td>
<td>20 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MARCH 5, 2022</td>
<td>MARCH 4, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 9TH</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
</tbody>
</table>

### DANCE/DRILL

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>NOVEMBER 15, 2021</td>
<td>NOVEMBER 14, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>JANUARY 17, 2022</td>
<td>JANUARY 16, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MARCH 26, 2022</td>
<td>MARCH 25, 2023</td>
</tr>
</tbody>
</table>

### SWIMMING & DIVING (BOYS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>NOVEMBER 15, 2021</td>
<td>NOVEMBER 14, 2022</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>JANUARY 3, 2022</td>
<td>JANUARY 2, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>FEBRUARY 19, 2022</td>
<td>FEBRUARY 18, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
</tbody>
</table>
## Wrestling (Boys & Girls)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High School</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st practice</td>
<td>November 15, 2021</td>
<td>November 14, 2022</td>
</tr>
<tr>
<td>Minimum practice days</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>50% rule date</td>
<td>January 3, 2022</td>
<td>January 2, 2023</td>
</tr>
<tr>
<td>Maximum contests (regular season)</td>
<td>16 + JAMBOREE</td>
<td>16 + JAMBOREE</td>
</tr>
<tr>
<td>Season end</td>
<td>February 19, 2022</td>
<td>February 18, 2023</td>
</tr>
<tr>
<td><strong>Middle Level/Junior High</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total season length including practices</td>
<td>12 weeks</td>
<td>12 weeks</td>
</tr>
<tr>
<td>Minimum practice days</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Maximum contests: 7th/8th</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
</tbody>
</table>

## Spring

### Baseball

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>High School</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1st practice</td>
<td>February 28, 2022</td>
<td>February 27, 2023</td>
</tr>
<tr>
<td>Minimum practice days</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% rule date</td>
<td>April 11, 2022</td>
<td>April 10, 2023</td>
</tr>
<tr>
<td>Maximum contests (regular season)</td>
<td>20 + JAMBOREE</td>
<td>20 + JAMBOREE</td>
</tr>
<tr>
<td>Season end</td>
<td>May 28, 2022</td>
<td>May 27, 2023</td>
</tr>
<tr>
<td><strong>Middle Level/Junior High</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total season length including practices</td>
<td>12 weeks</td>
<td>12 weeks</td>
</tr>
<tr>
<td>Minimum practice days</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>Maximum contests: 7th/8th</td>
<td>7 + JAMBOREE</td>
<td>7 + JAMBOREE</td>
</tr>
<tr>
<td>Maximum contests: 7th/8th on 9th grade team</td>
<td>7 + JAMBOREE</td>
<td>7 + JAMBOREE</td>
</tr>
<tr>
<td>Maximum contests: 9th</td>
<td>8 + JAMBOREE</td>
<td>8 + JAMBOREE</td>
</tr>
</tbody>
</table>
### SOFTBALL (FASTPITCH)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>FEBRUARY 28, 2022</td>
<td>FEBRUARY 27, 2023</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>APRIL 11, 2022</td>
<td>APRIL 10, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>20 + JAMBOREE</td>
<td>20 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 28, 2022</td>
<td>MAY 27, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS: 9TH</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
</tbody>
</table>

### GOLF (BOYS & GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>FEBRUARY 28, 2022</td>
<td>FEBRUARY 27, 2023</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>APRIL 11, 2022</td>
<td>APRIL 10, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>12 + JAMBOREE</td>
<td>12 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 25, 2022</td>
<td>MAY 24, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
</tbody>
</table>

### SOCCER (1A-4A BOYS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>FEBRUARY 28, 2022</td>
<td>FEBRUARY 27, 2023</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>APRIL 11, 2022</td>
<td>APRIL 10, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>16 + JAMBOREE</td>
<td>16 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 28, 2022</td>
<td>MAY 27, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
</tbody>
</table>
### TENNIS (BOYS & GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>FEBRUARY 28, 2022</td>
<td>FEBRUARY 27, 2023</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>APRIL 11, 2022</td>
<td>APRIL 10, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>16 + JAMBOREE</td>
<td>16 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 28, 2022</td>
<td>MAY 27, 2022</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
</tbody>
</table>

### TRACK & FIELD (BOYS & GIRLS)

<table>
<thead>
<tr>
<th></th>
<th>2021-2022</th>
<th>2022-2023</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>HIGH SCHOOL</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1ST PRACTICE</td>
<td>FEBRUARY 28, 2022</td>
<td>FEBRUARY 27, 2023</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>10</td>
<td>10</td>
</tr>
<tr>
<td>50% RULE DATE</td>
<td>APRIL 11, 2022</td>
<td>APRIL 10, 2023</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS (REGULAR SEASON)</td>
<td>10 + JAMBOREE</td>
<td>10 + JAMBOREE</td>
</tr>
<tr>
<td>SEASON END</td>
<td>MAY 28, 2022</td>
<td>MAY 27, 2023</td>
</tr>
<tr>
<td><strong>MIDDLE LEVEL/JUNIOR HIGH</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>TOTAL SEASON LENGTH INCLUDING PRACTICES</td>
<td>12 WEEKS</td>
<td>12 WEEKS</td>
</tr>
<tr>
<td>MINIMUM PRACTICE DAYS</td>
<td>8</td>
<td>8</td>
</tr>
<tr>
<td>MAXIMUM CONTESTS</td>
<td>7 + JAMBOREE</td>
<td>7 + JAMBOREE</td>
</tr>
</tbody>
</table>