



# 2022-2023 & 2023-2024 SEASON DATES

Washington Interscholastic Activities Association

[WIAA HANDBOOK: EXPANDED SEASON BEGINNING & ENDING DATES](#)

\*CLICK ON A SPORT/ACTIVITY FOR FULL SEASON DETAILS

SPORT/ACTIVITY	2022-23		2023-24	
	START DATE	END DATE	START DATE	END DATE
<b>FALL</b>				
<a href="#">FOOTBALL</a>	AUG 17	DEC 3	AUG 16	DEC 2
<a href="#">CROSS COUNTRY (BOYS &amp; GIRLS)</a>	AUG 22	NOV 5	AUG 21	NOV 4
<a href="#">GOLF (BOYS &amp; GIRLS) *ALTERNATE SEASON*</a>	AUG 22	MAY 24	AUG 21	MAY 22
<a href="#">SOCCER (GIRLS, 1B/2B BOYS)</a>	AUG 22	NOV 19	AUG 21	NOV 18
<a href="#">SOFTBALL (SLOWPITCH)</a>	AUG 22	OCT 29	AUG 21	OCT 28
<a href="#">SWIMMING &amp; DIVING (GIRLS)</a>	AUG 22	NOV 12	AUG 21	NOV 11
<a href="#">TENNIS (BOYS &amp; GIRLS) *ALTERNATE SEASON*</a>	AUG 22	MAY 27	AUG 21	MAY 25
<a href="#">VOLLEYBALL</a>	AUG 22	NOV 12 OR 19	AUG 21	NOV 11 OR 18
<b>WINTER</b>				
<a href="#">BOWLING (GIRLS)</a>	OCT 31	FEB 4	OCT 30	FEB 3
<a href="#">CHEERLEADING</a>	OCT 31	FEB 4	OCT 30	FEB 3
<a href="#">GYMNASTICS</a>	NOV 14	FEB 25	NOV 13	FEB 24
<a href="#">BASKETBALL (BOYS &amp; GIRLS)</a>	NOV 14	MAR 4	NOV 13	MAR 2
<a href="#">DANCE/DRILL</a>	NOV 14	MAR 25	NOV 13	MAR 23
<a href="#">SWIMMING &amp; DIVING (BOYS)</a>	NOV 14	FEB 18	NOV 13	FEB 17
<a href="#">WRESTLING (BOYS &amp; GIRLS)</a>	NOV 14	FEB 18	NOV 13	FEB 17
<b>SPRING</b>				
<a href="#">BASEBALL</a>	FEB 27	MAY 27	FEB 26	MAY 25
<a href="#">SOFTBALL (FASTPITCH)</a>	FEB 27	MAY 27	FEB 26	MAY 25
<a href="#">GOLF (BOYS &amp; GIRLS)</a>	FEB 27	MAY 24	FEB 26	MAY 22
<a href="#">SOCCER (1A-4A BOYS)</a>	FEB 27	MAY 27	FEB 26	MAY 25
<a href="#">TENNIS (BOYS &amp; GIRLS)</a>	FEB 27	MAY 27	FEB 26	MAY 25
<a href="#">TRACK &amp; FIELD (BOYS &amp; GIRLS)</a>	FEB 27	MAY 27	FEB 26	MAY 25

# FALL

<b>FOOTBALL</b>		
	<b>2022-23</b>	<b>2023-24</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 17, 2022	AUG 16, 2023
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	OCT 10, 2022	OCT 9, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	DEC 3, 2022	DEC 2, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	12	12
MAXIMUM CONTESTS: 7TH/8TH	6 + JAMBOREE	6 + JAMBOREE
MAXIMUM CONTESTS: 7TH/8TH ON 9TH GRADE TEAM	7 + JAMBOREE	7 + JAMBOREE
MAXIMUM CONTESTS: 9TH	7 + JAMBOREE	7 + JAMBOREE

<b>CROSS COUNTRY (BOYS &amp; GIRLS)</b>		
	<b>2022-23</b>	<b>2023-24</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 26, 2022	SEP 25, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	NOV 5, 2022	NOV 4, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE

**GOLF (BOYS & GIRLS) \*ALTERNATE SEASON\***

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	OCT 3, 2022	OCT 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 24, 2023	MAY 22, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

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

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 3, 2022	OCT 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	NOV 19, 2022	NOV 18, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**SOFTBALL (SLOWPITCH)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	SEP 26, 2022	SEP 25, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	OCT 29, 2022	OCT 28, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 3, 2022	OCT 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	NOV 12, 2022	NOV 11, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

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

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 3, 2022	OCT 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 27, 2023	MAY 25, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**VOLLEYBALL**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	AUG 22, 2022	AUG 21, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	OCT 3, 2022	OCT 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + JAMBOREE
SEASON END	NOV 12 or Nov 19, 2022	NOV 11 or Nov 18, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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

# WINTER

## BOWLING (GIRLS)

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	OCT 31, 2022	OCT 30, 2023
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	DEC 19, 2022	DEC 18, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	18 + JAMBOREE	18 + jamboree
SEASON END	FEBRUARY 4, 2023	FEB 3, 2024

## CHEERLEADING

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	OCT 31, 2022	OCT 30, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	DEC 19, 2022	DEC 18, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	FEB 4, 2023	FEB 3, 2024

## GYMNASTICS

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 14, 2022	NOV 13, 2023
MINIMUM PRACTICE DAYS	15	15
50% RULE DATE	JAN 2, 2023	JAN 1, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	FEB 25, 2023	FEB 24, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**BASKETBALL (BOYS & GIRLS)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 14, 2022	NOV 13, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JAN 9, 2023	JAN 8, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + jamboree
SEASON END	MAR 4, 2023	MAR 2, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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	12 + JAMBOREE	12 + JAMBOREE
MAXIMUM CONTESTS: 9TH	12 + JAMBOREE	12 + JAMBOREE

**DANCE/DRILL**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 14, 2022	NOV 13, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JAN 16, 2023	JAN 15, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	10	10
SEASON END	MAR 25, 2023	MAR 23, 2024

**SWIMMING & DIVING (BOYS)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 14, 2022	NOV 13, 2023
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	JAN 2, 2023	JAN 1, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	FEB 18, 2023	FEB 17, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

<b>WRESTLING (BOYS &amp; GIRLS)</b>		
	<b>2022-23</b>	<b>2023-24</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	NOV 14, 2022	NOV 14, 2022
MINIMUM PRACTICE DAYS	12	12
50% RULE DATE	JAN 2, 2023	JAN 2, 2023
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	FEB 18, 2023	FEB 18, 2023
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS: 7TH/8TH	10 + JAMBOREE	10 + JAMBOREE

## SPRING

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<b>BASEBALL</b>		
	<b>2022-23</b>	<b>2023-24</b>
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEB 27, 2023	FEB 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 10, 2023	APR 8
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 27, 2023	MAY 25, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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

**SOFTBALL (FASTPITCH)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEB 27, 2023	FEB 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 10, 2023	APR 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	20 + JAMBOREE	20 + JAMBOREE
SEASON END	MAY 27, 2023	MAY 25, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
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

**GOLF (BOYS & GIRLS)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEB 27, 2023	FEB 26, 2024
MINIMUM PRACTICE DAYS	0	0
50% RULE DATE	APR 10, 2023	APR 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	12 + JAMBOREE	12 + JAMBOREE
SEASON END	MAY 24, 2023	MAY 22, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS

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

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEB 27, 2023	FEB 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 10, 2023	APR 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 27, 2023	MAY 25, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE



**TENNIS (BOYS & GIRLS)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEB 27, 2023	FEB 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 10, 2023	APR 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	16 + JAMBOREE	16 + JAMBOREE
SEASON END	MAY 27, 2023	MAY 25, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	10 + JAMBOREE	10 + JAMBOREE

**TRACK & FIELD (BOYS & GIRLS)**

	2022-23	2023-24
<b>HIGH SCHOOL</b>		
1ST PRACTICE	FEB 27, 2023	FEB 26, 2024
MINIMUM PRACTICE DAYS	10	10
50% RULE DATE	APR 10, 2023	APR 9, 2024
MAXIMUM CONTESTS (REGULAR SEASON)	10 + JAMBOREE	10 + JAMBOREE
SEASON END	MAY 27, 2023	MAY 25, 2024
<b>MIDDLE LEVEL/JUNIOR HIGH</b>		
TOTAL SEASON LENGTH INCLUDING PRACTICES	12 WEEKS	12 WEEKS
MINIMUM PRACTICE DAYS	8	8
MAXIMUM CONTESTS	7 + JAMBOREE	7 + JAMBOREE