## 2020-2021 NCHSAA Amended Sports Calendar

### First Practice Dates
- November 4
- November 23
- December 7
- January 11
- February 8
- March 1
- April 12

### First Contest Dates
- November 16
- December 7
- January 4
- January 25
- February 26
- March 15
- April 26

### Final Reg. Season Contest Dates
- January 8
- January 30
- February 19
- March 12
- April 9
- April 30
- June 11

### Season Limits
- Cross-Country: 10 Meets, 2 Meets
- Swimming & Diving: 10 Meets, 2 Meets
- Volleyball: 14 Games

### Weekly Limits
- Cross-Country: 2 Meets
- Swimming & Diving: 2 Meets
- Volleyball: 2 Games

### Season Limit
- 10 Meets, 14 Games

### Weekly Limit
- 2 Meets, 2 Games

### Other Events
- Cheerleading Invitational: May 1st
- August 12, 2020