

**2020-2021 NCHSAA Amended Sports Calendar**

<b>First Practice</b>	<b>November 4</b>
<b>First Contest</b>	<b>November 16</b>
<b>Final Reg. Season Contest</b>	<b>January 8</b>
<b>Cross-Country</b>	
Season Limit	10 Meets
Weekly Limit	2 Meets
<b>Volleyball</b>	
Season Limit	14 Games
Weekly Limit	2 Games

<b>First Practice</b>	<b>November 23</b>
<b>First Contest</b>	<b>December 7</b>
<b>Final Reg. Season Contest</b>	<b>January 30</b>
<b>Swimming &amp; Diving</b>	
Season Limit	10 Meets
Weekly Limit	2 Meets

<b>First Practice</b>	<b>December 7</b>
<b>First Contest</b>	<b>January 4</b>
<b>Final Reg. Season Contest</b>	<b>February 19</b>
<b>Basketball</b>	
Season Limit	14 Games
Weekly Limit	2 Games

<b>First Practice</b>	<b>January 11</b>
<b>First Contest</b>	<b>January 25</b>
<b>Final Reg. Season Contest</b>	<b>March 12</b>
<b>Soccer (M)</b>	
Season Limit	14 Games
Weekly Limit	2 Games
<b>Lacrosse (M&amp;W)</b>	
Season Limit	14 Games
Weekly Limit	2 Games

<b>First Practice</b>	<b>February 8</b>
<b>First Contest</b>	<b>February 26</b>
<b>Final Reg. Season Contest</b>	<b>April 9</b>
<b>Football</b>	
Season Limit	7 Games
Weekly Limit	1 Games

<b>First Practice</b>	<b>March 1</b>
<b>First Contest</b>	<b>March 15</b>
<b>Final Reg. Season Contest</b>	<b>April 30</b>
<b>Golf (M&amp;W)</b>	
Season Limit	14 Matches
Weekly Limit	2 Matches
<b>Tennis (M)</b>	
Season Limit	14 Matches
Weekly Limit	2 Matches
<b>Soccer (W)</b>	
Season Limit	14 Games
Weekly Limit	2 Games
<b>Softball</b>	
Season Limit	14 Games
Weekly Limit	2 Games

<b>First Practice</b>	<b>April 12</b>
<b>First Contest</b>	<b>April 26</b>
<b>Final Reg. Season Contest</b>	<b>June 11</b>
<b>Baseball</b>	
Season Limit	14 Games
Weekly Limit	2 Games
<b>Tennis (W)</b>	
Season Limit	14 Matches
Weekly Limit	2 Matches
<b>Track &amp; Field</b>	
Season Limit	10 Meets
Weekly Limit	2 Meets
<b>Wrestling</b>	
Season Limit	14 Duals
Weekly Limit	2 Duals

<b>Cheerleading Invitational</b>	
May 1st	