

**2019-2020 NCHSAA Sports Calendar**  
**UPDATED 5/10/2019**

<b>FALL</b>	2019
<b>First Practice</b>	<b>Aug. 1</b>
<b>First Contest</b>	<b>Aug. 19</b>

<b>WOMEN'S GOLF</b>	
Reporting deadline	Oct. 16; 9pm
Regional	Oct. 21 or 22
State	Oct. 28-29

<b>VOLLEYBALL</b>	
Seeding	Oct. 24
1st Round	Oct. 26
2nd Round	Oct. 29
3rd Round	Oct. 31
4th Round	Nov. 2
Regional	Nov. 5
State	Nov. 9

<b>WOMEN'S TENNIS</b>	
<b>Individual</b>	
Reporting deadline	Oct. 14; 3pm
Regional	Oct. 18-19
State	Oct. 25-26

<b>Dual Team</b>	
Bracketing	Oct. 14
1st Round	Oct. 16
2nd Round	Oct. 22
3rd Round	Oct. 28
Regional	Oct. 30
State	Nov. 2

<b>CROSS COUNTRY</b>	
Reporting deadline	Oct. 25; 3pm
Regional	Nov. 2
State	Nov. 9

<b>MEN'S SOCCER</b>	
Seeding	Nov. 4
1st Round	Nov. 6
2nd Round	Nov. 9
3rd Round	Nov. 13
4th Round	Nov. 16
Regional	Nov. 19
State	Nov. 23

<b>CHEERLEADING</b>	Dec. 7
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<b>FOOTBALL</b>	
First Practice	Aug. 1
First Scrimmage	Aug. 10
First Contest	Aug. 23
2nd	Aug. 30
3rd	Sept. 6
4th	Sept. 13
5th	Sept. 20
6th	Sept. 27
7th	Oct. 4
8th	Oct. 11
9th	Oct. 18
10th	Oct. 25
11th	Nov. 1
12th	Nov. 8

Seeding	Nov. 9
1st Round	Nov. 15
2nd Round	Nov. 22
3rd Round	Nov. 29
Regionals	Dec. 6
State	Dec. 14

<b>WINTER</b>	2019-2020
<b>First Practice (Basketball-NON-FB)</b>	<b>Oct. 16</b>
<b>First Contest (Basketball-NON-FB)</b>	<b>Oct. 30</b>

<b>First Practice</b>	<b>Oct. 30</b>
<b>First Contest</b>	<b>Nov. 18</b>

<b>INDOOR TRACK</b>	
Reporting deadline	Feb. 8; 9pm
State	Feb. 14-15

<b>SWIMMING</b>	
Reporting deadline	Jan. 25; 8pm
Regionals	Jan. 31 - Feb. 1
State	Feb. 6-8

<b>WRESTLING</b>	
<b>Dual team</b>	
Bracketing	Feb. 3
1st/2nd	Feb. 4
3rd/Regionals	Feb. 6
State Championship	Feb. 8

<b>Individual</b>	
Reporting deadline	Feb. 3; 3pm
Indiv/Reg	Feb. 14-15
Indiv/State	Feb. 20-22

<b>BASKETBALL</b>	
Conference	Feb. 17-21
Seeding	Feb. 22
1st Round	Feb. 25
2nd Round	Feb. 27
3rd Round	Feb. 29
4th Round	Mar. 3
Regional	Mar. 7
State	Mar. 14

<b>SUMMER DEAD PERIODS</b>	2019
JULY 1 - 7, 2019	
JULY 15 - 21, 2019	

<b>SCHOOL YEAR DEAD PERIODS</b>	2019-2020
AUGUST 1 - AUGUST 21	
OCTOBER 30 - NOVEMBER 19	
FEBRUARY 12 - MARCH 3	
LAST 5 STUDENT DAYS OF THE 1ST SEMESTER	
LAST 10 STUDENT DAYS OF THE 2ND SEMESTER	

<b>SPRING</b>	2020
<b>First Practice</b>	<b>Feb. 12</b>
<b>First Contest</b>	<b>Mar. 2</b>

<b>MEN'S GOLF</b>	
Reporting deadline	Apr. 29, 9pm
Regional	May 4 or 5
State	May 11-12

<b>MEN'S TENNIS</b>	
<b>Individual</b>	
Reporting deadline	Apr. 27, 3 pm
Regional	May 1-2
State	May 8-9

<b>Dual Team</b>	
Bracketing	Apr. 27
1st Round	Apr. 29
2nd Round	May 5
3rd Round	May 11
Regional	May 13
State	May 16

<b>TRACK</b>	
Reporting deadline	May 2; 6pm
Regionals	May 8-9
State	May 15-16

<b>LACROSSE</b>	
Bracketing	Apr. 27
1st Round	Apr. 29
2nd Round	May 1
3rd Round	May 5
4th Round	May 8
Regional	May 12
State	May 15-16

<b>WOMEN'S SOCCER</b>	
Seeding	May 11
1st Round	May 12
2nd Round	May 15
3rd Round	May 20
4th Round	May 23
Regional	May 26
State	May 30

<b>SOFTBALL</b>	
Seeding	May 11
1st Round	May 12
2nd Round	May 15
3rd Round	May 19
4th Round	May 22
Regional	May 26-30
State	Jun. 5-6

<b>BASEBALL</b>	
Seeding	May 11
1st Round	May 12
2nd Round	May 15
3rd Round	May 19
4th Round	May 22
Regional	May 26-30
State	Jun. 5-6