

**2022-2023 NCHSAA Sports Calendar**

FALL 2022	
First Practice	Aug. 1
First Contest	Aug. 15

WOMEN'S GOLF	
Reporting deadline	Oct. 12; 9pm
Regional	Oct. 17 or 18
State	Oct. 24-25

VOLLEYBALL	
Seeding	Oct. 20
1st Round	Oct. 22
2nd Round	Oct. 25
3rd Round	Oct. 27
4th Round	Oct. 29
Regional	Nov. 1
State	Nov. 5

WOMEN'S TENNIS	
<b>Individual</b>	
Reporting deadline	Oct. 17; 3pm
Regional	Oct. 21-22
State	Oct. 28-29
<b>Dual Team</b>	
Bracketing	Oct. 17
1st Round	Oct. 19
2nd Round	Oct. 25
3rd Round	Oct. 31
Regional	Nov. 2
State	Nov. 5

CROSS COUNTRY	
Reporting deadline	Oct. 21; 9pm
Regional	Oct. 29
State	Nov. 5

MEN'S SOCCER	
Seeding	Oct. 28
1st Round	Oct. 31
2nd Round	Nov. 3
3rd Round	Nov. 7
4th Round	Nov. 10
Regional	Nov. 15
State	Nov. 18-19

CHEERLEADING	
Invitational	Dec. 3

FOOTBALL	
First Practice	Aug. 1
First Scrimmage	Aug. 10
Week 1	Aug. 19
Week 2	Aug. 26
Week 3	Sept. 2
Week 4	Sept. 9
Week 5	Sept. 16
Week 6	Sept. 23
Week 7	Sept. 30
Week 8	Oct. 7
Week 9	Oct. 14
Week 10	Oct. 21
Week 11	Oct. 28

FOOTBALL PLAYOFFS	
Seeding	Oct. 29
1st Round	Nov. 4
2nd Round	Nov. 11
3rd Round	Nov. 18
4th Round	Nov. 25
Regionals	Dec. 2
State	Dec. 9-10

WINTER 2022 - 2023	
First Practice (Indoor Track, Swimming & Diving, Wrestling)	Oct. 31
First Contest (Indoor Track, Swimming & Diving, Wrestling)	Nov. 14

INDOOR TRACK	
Reporting deadline	Feb. 4; 9pm
State	Feb. 10-11

SWIMMING & DIVING	
Reporting deadline	Jan. 28; 11:59pm
Regionals	Feb. 2-4
State	Feb. 8-11

WRESTLING	
<b>Dual team</b>	
Bracketing	Jan. 26
1st/2nd	Jan. 28
3rd/Regionals	Feb. 1
State Championship	Feb. 4
Women's Invitational	Feb. 4

Individual	
Reporting deadline	Jan 26; 3pm
Indiv/Reg	Feb. 10-11
Indiv/State	Feb. 16-18

BASKETBALL	
First Practice	Oct. 31
First Practice (Non-FB)	Oct. 24
First Contest	Nov. 18
First Contest (Non-FB)	Nov. 7
Conference Tournament	Feb. 13-17
Seeding	Feb. 18
1st Round	Feb. 21
2nd Round	Feb. 23
3rd Round	Feb. 25
4th Round	Feb. 28
Regional	Mar. 4
State	Mar. 11

SUMMER DEAD PERIODS 2022	
July 4 - 17, 2022	

SCHOOL YEAR DEAD PERIODS	
August 1 - August 21, 2022	
October 31 - November 20, 2022	
February 13 - March 5, 2023	
Last 5 Student Days of the 1st Semester	
Last 10 Student Days of the 2nd Semester	

SUMMER DEAD PERIODS 2023	
July 3 - 9, 2023	
July 17 - 23, 2023	

SPRING 2023	
First Practice	Feb. 13
First Contest	Feb. 27

MEN'S GOLF	
Reporting deadline	May 3, 9pm
Regional	May 8 or 9
State	May 15-16

MEN'S TENNIS	
<b>Individual</b>	
Reporting deadline	May 1, 3 pm
Regional	May 5-6
State	May 12-13

Dual Team	
Seeding	May 1
1st Round	May 3
2nd Round	May 9
3rd Round	May 15
Regional	May 17
State	May 20

TRACK	
Reporting deadline	May 6; 6pm
Regionals	May 12-13
State	May 19-20

LACROSSE	
Seeding	Apr. 28
1st Round	May 2
2nd Round	May 5
3rd Round	May 9
4th Round	May 12
Regional	May 16
State	May 19-20

WOMEN'S SOCCER	
Seeding	May 12
1st Round	May 15
2nd Round	May 18
3rd Round	May 22
4th Round	May 25
Regional	May 30
State	Jun. 2-3

SOFTBALL	
Seeding	May 8
1st Round	May 9
2nd Round	May 12
3rd Round	May 16
4th Round	May 19
Regional	May 22-27
State	Jun. 2-3

BASEBALL	
Seeding	May 8
1st Round	May 9
2nd Round	May 12
3rd Round	May 16
4th Round	May 19
Regional	May 22-27
State	Jun. 2-3