

**2024-2025 NCHSAA Sports Calendar**

<b>FALL 2024</b>	
<b>First Practice</b>	<b>Jul. 31</b>
<b>First Contest</b>	<b>Aug. 12</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. 17
1st Round	Oct. 19
2nd Round	Oct. 22
3rd Round	Oct. 24
4th Round	Oct. 26
Regional	Oct. 29
State	Nov. 2

<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>	
Seeding	Oct. 11
1st Round	Oct. 16
2nd Round	Oct. 21
3rd Round	Oct. 23
4th Round	Oct. 28
Regional	Oct. 30
State	Nov. 2

<b>CROSS COUNTRY</b>	
Reporting deadline	Oct. 19; 11:59 pm
Regional	Oct. 26
State	Nov. 2

<b>MEN'S SOCCER</b>	
Seeding	Nov. 1
1st Round	Nov. 4
2nd Round	Nov. 7
3rd Round	Nov. 11
4th Round	Nov. 14
Regional	Nov. 19
State	Nov. 22 - 23

<b>CHEERLEADING</b>	
Invitational	Dec. 7

<b>FOOTBALL</b>	
First Practice	Jul. 31
First Scrimmage	Aug. 9
Week 1	Aug. 23
Week 2	Aug. 30
Week 3	Sept. 6
Week 4	Sept. 13
Week 5	Sept. 20
Week 6	Sept. 27
Week 7	Oct. 4
Week 8	Oct. 11
Week 9	Oct. 18
Week 10	Oct. 25
Week 11	Nov. 1
<b>FOOTBALL PLAYOFFS</b>	
Seeding	Nov. 2
1st Round	Nov. 8
2nd Round	Nov. 15
3rd Round	Nov. 22
4th Round	Nov. 29
Regionals	Dec. 6
State	Dec. 13 - 14

<b>WINTER 2024 - 2025</b>	
<b>First Practice (Indoor Track, Swimming &amp; Diving, Wrestling)</b>	<b>Oct. 30</b>
<b>First Contest (Indoor Track, Swimming &amp; Diving, Wrestling)</b>	<b>Nov. 11</b>

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

<b>SWIMMING &amp; DIVING</b>	
Reporting deadline	Jan. 25; 11:59pm
Regionals	Jan. 30 - Feb. 1
State	Feb. 5 - 8

<b>WRESTLING</b>	
<b>Men's Dual Team</b>	
Seeding	Jan. 30
1st/2nd	Feb. 1
3rd/Regionals	Feb. 5
State Championship	Feb. 8
<b>Individual</b>	
Men's/Women's Reporting deadline	Jan 30; 3pm
Women's Regional	Feb. 7 - 8
Men's Regional	Feb. 14 - 15
Men's/Women's State	Feb. 20 - 22

<b>BASKETBALL</b>	
First Practice	Oct. 30
First Practice (Non-FB)	Oct. 23
First Contest	Nov. 15
First Contest (Non-FB)	Nov. 4
Conference Tournament	Feb. 17 - 21
Seeding	Feb. 22
1st Round	Feb. 25
2nd Round	Feb. 28
3rd Round	Mar. 4
4th Round	Mar. 7
Regional/State	Mar. 10 - 15

<b>SUMMER DEAD PERIODS 2024</b>	
July 1 - 7, 2024	
July 15 - 21, 2024	

<b>SCHOOL YEAR DEAD PERIODS</b>	
July 31 - August 20, 2024	
October 30 - November 19, 2024	
February 12 - March 4, 2025	
Last 5 Student Days of the 1st Semester	
Last 10 Student Days of the 2nd Semester	

<b>SUMMER DEAD PERIODS 2025</b>	
June 30 - July 6, 2025	
July 14 - 20, 2025	

<b>SPRING 2025</b>	
<b>First Practice</b>	<b>Feb. 12</b>
<b>First Contest</b>	<b>Feb. 24</b>

<b>MEN'S GOLF</b>	
Reporting deadline	Apr. 30, 9pm
Regional	May 5 or 6
State	May 12 - 13

<b>MEN'S TENNIS</b>	
<b>Individual</b>	
Reporting deadline	Apr. 28; 3pm
Regional	May 2 - 3
State	May 9 - 10
<b>Dual Team</b>	
Seeding	Apr. 25
1st Round	Apr. 30
2nd Round	May 5
3rd Round	May 7
4th Round	May 12
Regional	May 14
State	May 17

<b>TRACK</b>	
Reporting deadline	May 3; 9pm
Regionals	May 9 - 10
State	May 16 - 17

<b>LACROSSE</b>	
Seeding	May 9
1st Round	May 13
2nd Round	May 16
3rd Round	May 20
4th Round	May 23
Regional	May 28
State	May 30-31

<b>WOMEN'S SOCCER</b>	
Seeding	May 9
1st Round	May 12
2nd Round	May 15
3rd Round	May 19
4th Round	May 22
Regional	May 27
State	May 30 - 31

<b>SOFTBALL</b>	
Seeding	May 5
1st Round	May 6
2nd Round	May 9
3rd Round	May 13
4th Round	May 16
Regional	May 20 - 24
State	May 30 - 31

<b>BASEBALL</b>	
Seeding	May 5
1st Round	May 6
2nd Round	May 9
3rd Round	May 13
4th Round	May 16
Regional	May 20 - 24
State	May 30 - 31