

## 2025 - 2026 NCHSAA Sports Calendar

FALL 2025	
First Practice	Jul. 30
First Contest	Aug. 11

WOMEN'S GOLF	
Reporting deadline	Oct. 15; 9:00 pm
Regional	Oct. 20 or 21
State	Oct. 27 - 28

VOLLEYBALL	
Seedling	Oct. 16
1st Round	Oct. 18
2nd Round	Oct. 21
3rd Round	Oct. 23
4th Round	Oct. 25
Regional	Oct. 28
State	Oct. 31 - Nov. 1

WOMEN'S TENNIS	
<b>Individual</b>	
Reporting deadline	Oct. 13; 3:00 pm
Regional	Oct. 17 - 18
State	Oct. 24 - 25
<b>Dual Team</b>	
Seedling	Oct. 10
1st Round	Oct. 13
2nd Round	Oct. 15
3rd Round	Oct. 20
4th Round	Oct. 22
Regional	Oct. 28
State	Oct 31 - Nov. 1

CROSS COUNTRY	
Reporting deadline	Oct. 18; 11:59 pm
Regional	Oct. 24-25
State	Oct. 31 - Nov 1

MEN'S SOCCER	
Seedling	Nov. 2
1st Round	Nov. 4
2nd Round	Nov. 6
3rd Round	Nov. 10
4th Round	Nov. 13
Regional	Nov. 18
State	Nov. 20 - 22

CHEERLEADING	
Invitational	Dec. 6

FOOTBALL	
First Practice	Jul. 30
First Scrimmage	Aug. 8
Week 1	Aug. 22
Week 2	Aug. 29
Week 3	Sept. 5
Week 4	Sept. 12
Week 5	Sept. 19
Week 6	Sept. 26
Week 7	Oct. 3
Week 8	Oct. 10
Week 9	Oct. 17
Week 10	Oct. 24
Week 11	Oct. 31

FOOTBALL PLAYOFFS	
Seedling	Nov. 2
1st Round	Nov. 7
2nd Round	Nov. 14
3rd Round	Nov. 21
4th Round	Nov. 28
Regionals	Dec. 5
State	Dec 11 - 13

WINTER 2025 - 2026	
First Practice (Indoor Track, Swimming & Diving, Wrestling)	Oct. 29
First Contest (Indoor Track, Swimming & Diving, Wrestling)	Nov. 10

INDOOR TRACK	
Reporting deadline	Feb. 5; 9:00 pm
State	Feb. 10 - 13

SWIMMING & DIVING	
Reporting deadline	Jan. 24 @ 11:59 pm
Regionals	Jan. 29 - 31
State	Feb. 4-7

WRESTLING	
<b>Men's Dual Team</b>	
Seedling	Jan. 29
1st/2nd	Jan. 31
3rd/Regionals	Feb. 4
State Championship	Feb. 7

INDIVIDUAL	
Men's/Women's Reporting deadline	Jan 29; 3pm
Women's Regional	Feb. 6 - 7
Men's Regional	Feb. 13 - 14
Men's/Women's State	Feb. 19 - 21

BASKETBALL	
First Practice	Oct. 29
First Practice (Non-FB)	Oct. 22
First Contest	Nov. 14
First Contest (Non-FB)	Nov. 3
Conference Tournament	Feb. 16 - 20
Seedling	Feb. 21
1st Round	Feb. 24
2nd Round	Feb. 26
3rd Round	Feb. 28
4th Round	Mar. 2
Regionals	Mar. 4 - 7
State	Mar. 11 - 14

SCHOOL YEAR DEAD PERIODS	
July 30 - August 19, 2025	
October 29 - November 18, 2025	
February 16 - March 8, 2026	
Last 5 Student Days of the 1st Semester	
Last 10 Student Days of the 2nd Semester	

SUMMER DEAD PERIODS 2026	
June 28 - July 5, 2026	Week of July 4th
July 20 - 26, 2026	Week of NCCA

SPRING 2026	
First Practice	Feb. 16
First Contest	Feb. 25

MEN'S GOLF	
Reporting deadline	Apr. 29, 9:00 pm
Regional	May 4 or 5
State	May 11 - 12

MEN'S TENNIS	
<b>Individual</b>	
Reporting deadline	Apr. 27; 3:00 pm
Regional	May 1 - 2
State	May 8 - 9
<b>Dual Team</b>	
Seedling	Apr. 24
1st Round	Apr. 27
2nd Round	Apr. 29
3rd Round	May 4
4th Round	May 6
Regional	May 12
State	May 15 - 16

TRACK	
Reporting deadline	May 2; 9pm
Regionals	May 8-9
State	May 12-13 & 15-16

LACROSSE	
Seedling	May 8
1st Round	May 12
2nd Round	May 15
3rd Round	May 19
4th Round	May 22
Regional	May 27
State	May 29 - 30

WOMEN'S SOCCER	
Seedling	May 8
1st Round	May 11
2nd Round	May 14
3rd Round	May 18
4th Round	May 21
Regional	May 26
State	May 28 - 30

SOFTBALL	
Seedling	May 4
1st Round	May 5
2nd Round	May 8
3rd Round	May 12
4th Round	May 15
Regional	May 19 - 23
State	May 27 - 30

BASEBALL	
Seedling	May 4
1st Round	May 5
2nd Round	May 8
3rd Round	May 12
4th Round	May 15
Regional	May 19 - 23
State	May 27 - 30

Approved by Board March 23, 2025

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