

2020-2021 NCHSAA Amended Sports Calendar

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

First Practice	November 23
First Contest	December 7
Final Reg. Season Contest	January 30
Swimming & Diving	
Season Limit	10 Meets
Weekly Limit	2 Meets

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

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

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

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

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

Cheerleading Invitational	
May 1st	