

# NJSIAA 2018-2021 Fall Athletic Season Dates

Revised 2-25-2019

Fall Sports	2018	2019	2020	2021	2022
<b>Football</b>					
Heat Acclimatization Start	Aug. 06	Aug. 12	Aug. 10	Aug. 09	Aug. 08
First Practice	Aug. 08	Aug. 14	Aug. 10	Aug. 09	Aug. 08
First Scrimmage	Aug. 15	Aug. 21	Aug. 17	Aug. 16	Aug. 15
First Contest	Aug. 30	Sept. 06	Sept. 03	Sept. 02	Sept. 01
Tournament Start	Nov. 02	Nov. 08	TBA	TBA	TBA
<b>Cross Country</b>					
First Practice	Aug. 13	Aug. 12	Aug. 17	Aug. 16	Aug. 15
First Scrimmage	Aug. 20	Aug. 19	Aug. 24	Aug. 23	Aug. 22
First Contest	Sept. 04	Sept. 03	Sept. 08	Sept. 07	Sept. 06
Tournament Start	Nov. 03	Nov. 02	TBA	TBA	TBA
<b>Field Hockey</b>					
First Practice	Aug. 13	Aug. 12	Aug. 17	Aug. 16	Aug. 15
First Scrimmage	Aug. 20	Aug. 19	Aug. 24	Aug. 23	Aug. 22
First Contest	Sept. 04	Sept. 03	Sept. 08	Sept. 07	Sept. 06
Tournament Start	Oct. 22	Oct. 21	TBA	TBA	TBA
<b>Gymnastics</b>					
First Practice	Aug. 13	Aug. 12	Aug. 17	Aug. 16	Aug. 15
First Scrimmage	Aug. 20	Aug. 19	Aug. 24	Aug. 23	Aug. 22
First Contest	Sept. 04	Sept. 03	Sept. 08	Sept. 07	Sept. 06
Tournament Start	Nov. 03	Nov. 02	TBA	TBA	TBA
<b>Soccer</b>					
First Practice	Aug. 13	Aug. 12	Aug. 17	Aug. 16	Aug. 15
First Scrimmage	Aug. 20	Aug. 19	Aug. 24	Aug. 23	Aug. 22
First Contest	Sept. 04	Sept. 03	Sept. 08	Sept. 07	Sept. 06
Tournament Start	Oct. 27	Oct. 26	TBA	TBA	TBA
<b>Tennis (Girls)</b>					
First Practice	Aug. 13	Aug. 12	Aug. 17	Aug. 16	Aug. 15
First Scrimmage	Aug. 20	Aug. 19	Aug. 24	Aug. 23	Aug. 22
First Contest	Sept. 04	Sept. 03	Sept. 08	Sept. 07	Sept. 06
Tournament Start (Team)	Oct. 03	Oct. 02	TBA	TBA	TBA
Tournament Start (S & D)	Oct. 06	Oct. 05	TBA	TBA	TBA
<b>Volleyball (Girls)</b>					
First Practice	Aug. 13	Aug. 12	Aug. 17	Aug. 16	Aug. 15
First Scrimmage	Aug. 20	Aug. 19	Aug. 24	Aug. 23	Aug. 22
First Contest	Sept. 04	Sept. 03	Sept. 08	Sept. 07	Sept. 06
Tournament Start	Oct. 30	Oct. 29	TBA	TBA	TBA

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**Please Note:** The “first scrimmage” dates above include the 6 days on and 1 day off rule. You may break up the first 7 days as you choose, just remember that 6 days of practice and 1 day of rest within the 7-day time frame.

# NJSIAA 2018-2021 Winter Athletic Season Dates

Revised 3-11-2019

Winter Sports	2018-2019	2019-2020	2020-2021	2021-2022	2022-2023
<b>Ice Hockey</b>					
First Practice	Nov. 05	Nov. 11	Nov. 09	Nov. 08	Nov. 07
First Scrimmage	Nov. 12	Nov. 18	Nov. 16	Nov. 15	Nov. 14
First Contest	Nov. 24	Nov. 30	Nov. 28	Nov. 27	Nov. 26
Tournament Start	Feb. 18	Feb. 17	TBA	TBA	TBA
<b>Bowling</b>					
First Practice	Nov. 12	Nov. 11	Nov. 09	Nov. 08	Nov. 07
First Scrimmage	N/A	N/A	N/A	N/A	N/A
First Contest	Nov. 24	Nov. 23	Nov. 28	Nov. 27	Nov. 26
Tournament Start (B)	Feb. 09	Feb. 01	TBA	TBA	TBA
Tournament Start (G)	Feb. 02	Feb. 08	TBA	TBA	TBA
<b>Swimming</b>					
First Practice	Nov. 12	Nov. 11	Nov. 09	Nov. 08	Nov. 07
First Scrimmage	Nov. 19	Nov. 18	Nov. 16	Nov. 15	Nov. 14
First Contest	Dec. 01	Dec. 01	Dec. 01	Dec. 01	Dec. 01
Tournament Start	Feb. 05	Feb. 04	TBA	TBA	TBA
<b>Skiing</b>					
First Practice	Nov. 26	Dec. 02	Nov. 30	Nov. 29	Nov. 28
First Scrimmage	Dec. 03	Dec. 09	Dec. 07	Dec. 06	Dec. 05
First Contest	Jan. 01	Jan. 01	Jan. 01	Jan. 01	Jan. 01
Tournament Start	TBA	TBA	TBA	TBA	TBA
<b>Basketball</b>					
Tryouts	Nov. 19-21	Nov. 25-27	Nov. 23-25	Nov. 22-24	Nov. 21-23
No Contact	Nov. 22-25	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28	Nov. 24-27
First Practice	Nov. 26	Dec. 02	Nov. 30	Nov. 29	Nov. 28
First Scrimmage	Dec. 03	Dec. 09	Dec. 07	Dec. 06	Dec. 05
First Contest	Dec. 14	Dec. 20	Dec. 18	Dec. 17	Dec. 16
Tournament Start	Feb. 25	Mar. 02	TBA	TBA	TBA
<b>Fencing</b>					
Tryouts	Nov. 19-21	Nov. 25-27	Nov. 23-25	Nov. 22-24	Nov. 21-23
No Contact	Nov. 22-25	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28	Nov. 24-27
First Practice	Nov. 26	Dec. 02	Nov. 30	Nov. 29	Nov. 28
First Scrimmage	Dec. 3	Dec. 09	Dec. 07	Dec. 06	Dec. 05
First Contest	Dec. 14	Dec. 20	Dec. 18	Dec. 17	Dec. 16
Tournament Start	Jan. 19	Jan. 18	TBA	TBA	TBA
<b>Winter Track</b>					
Tryouts	Nov. 19-21	Nov. 25-27	Nov. 23-25	Nov. 22-24	Nov. 21-23
No Contact	Nov. 22-25	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28	Nov. 24-27
First Practice	Nov. 26	Dec. 02	Nov. 30	Nov. 29	Nov. 28
First Scrimmage	Dec. 3	Dec. 09	Dec. 07	Dec. 06	Dec. 05
First Contest	Dec. 14	Dec. 20	Dec. 18	Dec. 17	Dec. 16
Tournament Start (Relays)	Jan. 17	Jan. 16	TBA	TBA	TBA
Tournament Start (Team)	Feb. 01	Jan. 31	TBA	TBA	TBA
<b>Wrestling</b>					
Tryouts	Nov. 19-21	Nov. 25-27	Nov. 23-25	Nov. 22-24	Nov. 21-23
No Contact	Nov. 22-25	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28	Nov. 24-27
First Practice	Nov. 26	Dec. 02	Nov. 30	Nov. 29	Nov. 28
First Scrimmage	Dec. 3	Dec. 09	Dec. 07	Dec. 06	Dec. 05
First Contest	Dec. 14	Dec. 20	Dec. 18	Dec. 17	Dec. 16
Tournament Start (Team)	Feb. 04	Feb. 10	TBA	TBA	TBA
Tournament Start (Ind)	Feb. 15	Feb. 22	TBA	TBA	TBA

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# NJSIAA 2018-2021 Spring Athletic Season Dates

Revised 2-25-2019

Spring Sports	2019	2020	2021	2022	2023
<b>Golf</b>					
First Practice	March 01	March 06	March 08	March 07	March 06
First Scrimmage	N/A	N/A	N/A	N/A	N/A
First Contest	April 01	April 01	April 01	April 01	April 01
Tournament Start	May 13	May 11	TBA	TBA	TBA
<b>Lacrosse</b>					
First Practice	March 01	March 06	March 08	March 07	March 06
First Scrimmage	March 08	March 13	March 15	March 14	March 13
First Contest	March 27	March 25	March 31	March 30	March 29
Tournament Start (B)	May 15	May 13	TBA	TBA	TBA
Tournament Start (G)	May 13	May 11	TBA	TBA	TBA
<b>Tennis (Boys)</b>					
First Practice	March 01	March 06	March 12	March 11	March 10
First Scrimmage	March 08	March 13	March 19	March 18	March 17
First Contest	April 01	April 01	April 01	April 01	April 01
Tournament Start (Team)	May 08	May 06	TBA	TBA	TBA
Tournament Start (S & D)	June 01	May 30	TBA	TBA	TBA
<b>Baseball</b>					
First Practice	March 01	March 06	March 12	March 11	March 10
First Scrimmage	March 08	March 13	March 19	March 18	March 17
First Contest	April 01	April 01	April 01	April 01	April 01
Tournament Start	May 20	May 18	TBA	TBA	TBA
<b>Softball</b>					
First Practice	March 01	March 06	March 12	March 11	March 10
First Scrimmage	March 08	March 13	March 19	March 18	March 17
First Contest	April 01	April 01	April 01	April 01	April 01
Tournament Start	May 16	May 14	TBA	TBA	TBA
<b>Spring Track</b>					
First Practice	March 01	March 06	March 08	March 07	March 06
First Scrimmage	March 08	March 13	March 15	March 14	March 13
First Contest	April 01	April 01	April 01	April 01	April 01
Tournament Start	May 24	May 22	TBA	TBA	TBA
<b>Volleyball (Boys)</b>					
First Practice	March 01	March 06	March 12	March 11	March 10
First Scrimmage	March 08	March 13	March 19	March 18	March 17
First Contest	April 01	April 01	April 01	April 01	April 01
Tournament Start	May 21	May 19	TBA	TBA	TBA

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