

NJSIAA 2019-2021 Fall Athletic Season Dates

Revised 5/14/20 (Changes in **RED**)

Football	2019	2020	2021
First Practice (Week 0 / Week 1)	Aug. 7 / Aug. 14	Aug. 03 / Aug. 10	Aug. 02 / Aug. 09
First Scrimmage (Week 0 / Week 1)	Aug. 14 / Aug. 21	Aug. 10 / Aug. 17	Aug. 09 / Aug. 16
First Contest (Week 0 / Week 1)	Aug. 30 / Sept. 05	Aug. 28 / Sept. 03	Aug 27 / Sept. 02
Tournament Start	Nov. 08	Nov. 06	Nov. 05
Cross Country			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Nov. 09	Nov. 07	Nov. 06
Field Hockey			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Oct. 21	Oct. 26	Oct. 25
Gymnastics			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Nov. 02	Nov. 07	Nov. 06
Soccer			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Oct. 26	Nov. 02	Nov. 01
Tennis (Girls)			
First Practice	Aug. 12	Aug. 10	Aug. 09
First Scrimmage	Aug. 19	Aug. 17	Aug. 16
First Contest	Sept. 03	Sept. 01	Sept. 01
Tournament Start (Team)	Oct. 02	Sept. 30	Sept. 29
Tournament Start (S & D)	Oct. 05	Oct. 03	Oct. 02
Volleyball (Girls)			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Nov. 04	Oct. 29	Oct. 28

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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 2019-2022 Winter Athletic Season Dates

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	2019-2020	2020-2021	2021-2022
Ice Hockey			
First Practice	Nov. 04	Nov. 09	Nov. 08
First Scrimmage	Nov. 11	Nov. 16	Nov. 15
First Contest	Nov. 29	Nov. 27	Nov. 26
Tournament Start	Feb. 24	Feb. 22	Feb. 21
Bowling			
First Practice	Nov. 11	Nov. 09	Nov. 08
First Scrimmage	N/A	N/A	N/A
First Contest	Nov. 23	Nov. 21	Nov. 20
Tournament Start (B)	Jan. 30	Feb. 04	Jan. 27
Tournament Start (G)	Feb. 08	Jan. 30	Feb. 05
Swimming			
First Practice	Nov. 11	Nov. 09	Nov. 08
First Scrimmage	Nov. 18	Nov. 16	Nov. 15
First Contest	Dec. 01	Dec. 01	Dec. 01
Tournament Start	Feb. 04	Feb. 02	Feb. 01
Skiing			
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Jan. 01	Jan. 01	Jan. 01
Tournament Start	Feb. 29	Feb. 27	Feb. 26
Basketball			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start	March 02	March 01	Feb. 28
Fencing			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start	Jan. 18	Jan. 17	TBA
Winter Track			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start (Relays)	Jan. 15	Jan. 13	Jan. 12
Tournament Start (Team)	Feb. 14	Feb. 12	Feb. 11
Wrestling			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start (Team)	Feb. 10	Feb. 08	Feb. 07
Tournament Start (Ind)	Feb. 22	March 04	March 03

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NJSIAA 2020-2022 Spring Athletic Season Dates

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Spring Sports	2020	2021	2022
Golf			
First Practice	March 06	March 08	March 07
First Scrimmage	N/A	N/A	N/A
First Contest	April 01	April 01	April 01
Tournament Start	May 11	May 10	May 09
Lacrosse			
First Practice	March 06	March 08	March 07
First Scrimmage	March 13	March 15	March 14
First Contest	March 25	March 31	March 30
Tournament Start (B)	May 20	May 19	May 18
Tournament Start (G)	May 14	May 20	May 19
Tennis (Boys)			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start (Team)	May 06	May 05	May 04
Tournament Start (S & D)	May 30	May 29	May 28
Baseball			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start	May 26	May 25	May 24
Softball			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start	May 14	May 20	May 19
Spring Track			
First Practice	March 06	March 08	March 07
First Scrimmage	March 13	March 15	March 14
First Contest	April 01	April 01	April 01
Tournament Start (Non-Public)	May 26	May 25	May 24
Tournament Start (Public)	May 29	May 28	May 27
Volleyball (Boys)			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start	May 19	May 18	May 17

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