

September

2025

NHS Fall Master Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 No School	2 SC - 3:00 to 4:00 VB - 3:00 to 4:00	3 SC - 3:00 to 4:00 Staff Meetings - No VB or XC	4 SC - 3:00 to 4:00 VB - 3:00 to 4:00 XC - 3:00 to 4:00	5	6
7	8 SC - 3:00 to 4:00 VB (All) - 3:00 to 4:00 XC - 3:00 to 4:00	9 VB (All) - 3:00 to 4:00 XC - 3:00 to 4:00 No SC Practice	10 VB (All) - 3:00 to 4:00 XC - 3:00 to 4:00 No SC Practice	11 SC - 3:00 to 4:00 VB (All) - 3:00 to 4:00 XC - 3:00 to 4:00	12	13
14	15 VB - Fremont at NHS @ 4:30 XC @ Kingston State Park 4:30 Girls First Girls SC - NHS at Rye @ 4:00	16 SC - 3:00 to 4:00 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 XC - 3:00 to 4:00	17 SC - 3:00 to 4:00 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 Staff Meetings - No XC	18 XC - 3:00 to 4:00 Co-ed SC - Portsmouth at NHS @ 4:15 VB - Epping at NHS @ 4:30	19	20
21	22 SC - 3:00 to 4:00 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 XC @ Stratham Hill Park 4:15 Boys First	23 XC - 3:00 to 4:00 VB - NHS at Epping @ 4:30 Girls SC - NHS @ Sacred Heart 4:00	24 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 XC - 3:00 to 4:00 Co-ed SC - NHS @ CMS 4:00	25 XC - 3:00 to 4:00 Co-ed SC - Rye at NHS @ 4:00 VB - St. Pats @ NHS 4:00 (Single Match)	26	27
28	29	30				

	SC - 3:00 to 4:00 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 XC @ Vernon Family Farm 4:15 Girls First	SC - 3:00 to 4:00 XC - 3:00 to 4:00 VB - Seabrook @ NHS 4:00				
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October

2025

NHS Fall Master Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 SC - 3:00 to 4:00 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 Staff Meetings - No XC	2 XC - 3:00 to 4:00 VB - Epping at NHS @ 4:30 Co-ed SC - Greenland @ NHS 4:00	3 Optional XC - 3:00 to 4:00	4
5	6 SC - 3:00 to 4:00 XC- 3:00 to 4:00 VB - St. Mary's at NHS @ 4:00	7 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 XC- 3:00 to 4:00 Co-ed SC - Hampton Falls @ NHS 4:00	8 SC - 3:00 to 4:00 VB JV - 3:00 to 4:00 VB V - 4:00 to 5:00 XC - 3:00 to 4:00	9 VB - NHS at Epping @ 4:30 XC @ Winnacunnet 4:30 Boys First Co-ed SC - NHS @ Greenland 4:00	10	11
12	13 No School	14 SC - 3:00 to 4:00 XC - 3:00 to 4:00 VB - NHS @ Seabrook 4:00	15 SC - 3:00 to 4:00 VB V - 4:00 to 5:00 Staff Meetings - No XC or JV VB	16 XC - 3:00 to 4:00 Co-ed SC Hampton Falls @ NHS 4:00	17	18 XC State Meet @ Hopkinton Fairgrounds 11:15 AM – D3 & D4 Non-Champs Coed Race 12:00 PM – D4 Boys Championship

				VB - NHS @ St. Pats 4:00 (Single Match - Varsity Only)		12:30 PM - D4 Girls Championship
19	20 SC - 3:00 to 4:00 VB (All) - 3:00 to 4:00	21 Co-ed SC St. Mary's @ NHS 4:00	22	23	24	25
26	27	28	29	30	31	