

## **Approved (3/20/24) 2024-2025 San Diego Section Sport Calendar**

Sport	Season	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	SDS Playoff Dates	SDS Finals Dates	State Championship Dates
Cross Country	Fall	August 10	N/A	14	August 20	September 30	November 9	N/A	November 16	November 30
Girls' Field Hockey	Fall	August 3	August 9	20	August 10	September 23	November 1	November 4 - 14	November 16	N/A
Girls' Flag Football	Fall	August 10	August 16	20	August 17	September 25	November 5	November 9 - 19	November 21-22	N/A
Football	Fall	August 1	August 13	10	August 22	September 26	November 2	November 8 - 22	November 22-30	December 6 - 14
Girls Golf	Fall	August 10	N/A	24	August 17	September 20	October 24	October 28 - 31	November 4-7	November 14-20
Girls Tennis	Fall	August 10	August 16	24	August 17	September 17	Dual Match (October 18)  League Individuals (October 25)	CIF Team October 29 -November 2	CIF Individuals November 4-9	CIF SoCal Regional Nov. 22-23  CIF State Nov. 30
Girls Volleyball	Fall	August 1	August 7	28	August 8	September 16	October 25	October 28 - November 6	November 7 - 9	November 12 - 23
Boys' Water Polo	Fall	August 1	August 7	28	August 8	September 19	November 1	November 4 - 14	November 16	November 20-23
Traditional Competitive Cheer	Fall/Winter	August 1	N/A	N/A	N/A	N/A	N/A	N/A	December 14	January 27

**Last Date to Submit Schedules for all Fall Sports: June 1, 2024. *\*\*San Diego Section Recommended No Contact Period: July 18-July 31 (schools & teams may choose their own dates)***

**\*FOOTBALL MAY NOT BEGIN PRIOR TO AUGUST 1, 2024. FOOTBALL TEAMS MUST HAVE 10 PRACTICE DAYS PRIOR TO PARTICIPATING IN A SCRIMMAGE. (\*Does not pertain to Girls' Flag Football)**

**\*FOOTBALL TEAMS MUST HAVE 14 PRACTICE DAYS PRIOR TO THE FIRST GAME (\*Does not pertain to Girls' Flag Football)**

## Winter Season

Sport	Season	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	SDS Playoff Dates	SDS Finals Dates	State Championship Dates
Basketball	Winter	November 9	November 15	28	November 16	December 31	February 14	February 17 - 26	February 27 - March 1	March 4 - 14
Roller Hockey	Winter	November 9	November 15	20	November 16	TBD	TBD	TBD	TBD	N/A
Soccer	Winter	November 9	November 15	28	November 16	December 31	February 14	February 17 - 26	February 27 - March 1	March 4 - 8
Girls' Water Polo	Winter	November 9	November 15	28	November 16	December 27	February 7	February 10 - 20	February 22	February 25 - March 1
Boys' Wrestling	Winter	November 9	N/A	40	November 21	December 30	February 8	Divisionals: February 15	Masters: February 21 - 22	February 27 - March 1
Girls' Wrestling	Winter	November 9	N/A	40	November 21	December 27	February 1	Divisionals: February 8	Masters: February 21 - 22	February 27 - March 1

Last Date to Submit Schedules for all Winter Sports: October 1, 2024

### In the Sport of Wrestling

**A. Each individual student not a member and participant of a Fall sports team shall have at least 10 days of practice before the student can compete in a match or tournament.**

**B. Each individual who completes the regular season in a Fall sport shall have at least five (5) days of practice before the student can compete in a meet or tournament.**

## Spring Season

Sport	Season	Practice Begins	First Scrimmage Date	# of contacts	First Contest Date	Sit-Out Period Date	Last Contest Date	SDS Playoff Dates	SDS Finals Dates	State Championship Dates
Badminton	Spring	February 15	February 21	20	February 22	March 28	May 3	Individual: May 7 - 9	Team: May 15 - 16	May 24
Baseball	Spring	February 15	February 21	28	February 22	April 4	May 16	May 19 - 28	May 29 - May 31	June 3 - 7
Boy's Golf	Spring	February 15	N/A	24	February 22	March 28	May 1	May 12 - 15	May 19 - 22	May 29 - June 3
Gymnastics	Spring	February 15	N/A	13	February 29	April 8	May 16	N/A	May 23	N/A
Boys' Lacrosse	Spring	February 8	February 14	20	February 15	March 25	May 2	May 5 - 14	May 15 - 17	N/A
Girls' Lacrosse	Spring	February 8	February 14	20	February 15	March 25	May 2	May 5 - 14	May 15 - 17	N/A
Softball	Spring	February 15	February 21	28	February 22	April 4	May 16	May 19 - 28	May 29 - May 31	June 3 - 7
Comp Sport Cheer	Spring	February 15	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Swimming & Diving	Spring	February 8	February 14	14	February 15	March 25	May 3	N/A	May 7 - 10	May 15 - 17

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Boys' Tennis	Spring	February 8	February 14	24	February 15	March 21	April 18 (Dual Match)  April 25 (Individual)	CIF Team April 29-May 3	CIF Individuals May 5-10	CIF SoCal Regionals May 23 - 24  CIF State May 31
Track & Field	Spring	February 8	N/A	14	February 15	March 29	May 10	Divisionals: May 17	May 24	May 30 - 31
Beach Volleyball	Spring	February 15	February 21	20	February 22	March 25	April 26	April 29 - May 8	May 10	N/A
Boys' Volleyball	Spring	February 8	February 14	28	February 15	March 25	May 2	May 5 - 15	May 16 - 17	May 20 - 31

Last Date to Submit Schedules for all Spring Sports: December 1, 2024