



## 2022-2023 San Diego Section Sport Calendar

(Approved March 23, 2022)

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 6	N/A	14	August 16	September 25	November 5	N/A	November 12	November 26
Field Hockey	Fall	August 6	August 12	20	August 13	September 22	November 1	November 5 - 10	November 12	N/A
Football	Fall	July 30	August 11	10	August 18	September 22	October 29	November 4 - 18	November 25 & 26	December 2 - 10
Football (8 Player)	Fall	July 30	August 11	10	August 18	September 22	October 28	November 4 - 11	November 19	N/A
Girls Golf	Fall	August 6	N/A	24	August 13	September 15	October 19	October 24 - 27	Oct 31 - Nov 3	November 10 - 16
Girls Tennis	Fall	August 6	August 12	24	August 13	September 13	Dual Match (October 14) League Individuals (October 21)	CIF Team Oct. 29	CIF Individuals Oct. 31-Nov-5	CIF State Nov. 18-19
Girls Volleyball	Fall	August 1	August 6	28	August 8	September 14	October 21	October 24 - November 3	November 4 - 5	November 8 - 19
Boys' Water Polo	Fall	August 1	August 6	28	August 8	September 17	October 28	November 1 - 10	November 12	November 15-19

Last Date to Submit Schedules for all Fall Sports: June 1, 2022.

\*\*San Diego Section Recommended No Contact Period: July 16-July 29 (schools & teams may choose their own dates)

\*The five-day acclimation period is mandatory for all teams and individuals (SDS Article XI. I)

**FOOTBALL MAY NOT BEGIN PRIOR TO JULY 30, 2022. FOOTBALL MUST HAVE 14 PRACTICE DAYS PRIOR TO THE FIRST GAME** (Schools must notify the CIFSDS Office of the start date by June 1)

## 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 5	November 11	28	November 12	December 27	February 10	February 14 - 22	February 23 - 25	Feb 28 - March 11
Traditional Competitive Cheer	Winter	TBD	TBD	TBD	TBD	N/A	N/A	December 3	December 3	January 28
Roller Hockey	Winter	November 5	November 11	20	November 21	December 31	February 10	February 14 - 22	February 28	N/A
Soccer	Winter	November 5	November 11	28	November 12	December 27	February 10	February 14 - 22	February 23 - 25	Feb 28 - March 4
Girls' Water Polo	Winter	November 5	November 11	28	November 12	December 23	February 3	February 7 - 16	February 17 - 18	February 21 - 25
Boys' Wrestling	Winter	November 5	N/A	40	November 17	December 26	February 4	Divisionals: February 11	Masters: February 17 - 18	February 23 - 25
Girls' Wrestling	Winter	November 5	N/A	40	November 17	December 23	January 28	Divisionals: February 4	Masters: February 18	February 23 - 25

**Last Date to Submit Schedules for all Winter Sports: October 1, 2022**

**\*The five-day acclimation period is mandatory for all teams and individuals (SDS Article XI. I)**

## 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 11	February 17	20	February 18	March 28	May 6	Individual: May 9 - 12	Team: May 16 - 19	May 20
Baseball	Spring	February 11	February 17	28	February 18	March 31	May 12	May 15 - 25	May 26 - 27	May 30 - June 3
Boy's Golf	Spring	February 11	N/A	24	February 18	March 24	April 27	May 8 - 11	May 15 - 18	May 24 - 31
Gymnastics	Spring	February 11	N/A	13	February 25	April 4	May 13	N/A	May 19	N/A
Boys' Lacrosse	Spring	February 11	February 17	20	February 18	March 27	May 5	May 9 - 17	May 20	N/A
Girls' Lacrosse	Spring	February 11	February 17	20	February 18	March 27	May 5	May 9 - 17	May 20	N/A
Softball	Spring	February 11	February 17	28	February 18	March 31	May 12	May 15 - 25	May 26 - 27	May 30 - June 3
Comp Sport Cheer	Spring	February 11	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD
Swimming & Diving	Spring	February 4	February 10	14	February 11	March 22	April 29	N/A	May 5 - 6	May 11 - 13

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
Boys' Tennis	Spring	February 4	February 10	24	February 11	March 17	April 14 (Dual Match)  April 21 (Individual)	CIF Team April 25-29	CIF Individuals May 8-13	CIF State May 19 - 20
Track & Field	Spring	February 4	N/A	14	February 11	March 24	May 6	May 13	May 20	May 26 - 27
Beach Volleyball	Spring	February 11	February 17	TBD	February 18	March 21	April 22	TBD	May 6	N/A
Boys' Volleyball	Spring	February 4	February 10	28	February 11	March 20	April 28	May 2 - 10	May 12 - 13	May 16 - 20

Last Date to Submit Schedules for all Spring Sports: December 1, 2022

\*The five-day acclimation period is mandatory for all teams and individuals (SDS Article XI. I)