

MODIFIED SCHEDULING INFORMATION 2025-26

Sport	Max # Contests Allowed	# Practices Prior to 1st Scrim/Contest	1st Practice Date	1st Possible Date Scrim/Contests Allowed	Last Date
B/G Soccer	10	6	9/4	9/12	11/8
B/G X Country	8	6	9/4	9/12	11/8
Football	6	10	9/4	9/18	11/8
Field Hockey	10	6	9/4	9/12	11/8
G Tennis	10	6	9/4	9/12	11/8
G Volleyball	10	6	11/10+	11/19	1/23
B Basketball	10	6	11/10+	11/19	1/23
Cheerleading	3	6	11/10+	11/19	1/23
Wrestling	10	10	1/26	2/9	3/28
G Basketball	10	6	1/26	2/3	3/28
B Volleyball	10	6	1/26	2/3	3/28
Softball	10	6	3/30++	4/16	6/6
B/G Track	8	6	3/30++	4/16	6/6
Baseball*	10	10	3/30++	4/22	6/6
B Tennis	10	6	3/30++	4/16	6/6
B Lacrosse	10	6	3/30++	4/16	6/6
G Lacrosse	10	6	3/30++	4/16	6/6
B Swimming	8	6	3/30++	4/16	6/6
G Gymnastics	8	10	3/30++	4/22	6/6

**+All early winter sports may conduct tryouts a maximum of 3 days during the week of Nov. 3 – Nov 7, 2025
These do not count toward the required minimum number of practices.**

**++All modified spring sports may conduct tryouts a maximum of 3 days during the week of March 23-27, 2026
These do not count toward the required minimum number of practices.**