



VHSL CALENDAR 2011-12 thru 2015-16

SUMMER DEAD PERIOD	Week 1	Mon.	Jul. 4-10, 2011	Jul. 2-8, 2012	Jul.8-14, 2013	Jul.7-13, 2014	Jul. 6-12, 2015
FALL SEASON	WEEK	DAY	2011-12 ^L	2012-13	2013-14	2014-15	2015-16 ^L
Fall Dead Period			Aug. 1-10	Jul.30-Aug. 8	Aug. 5-14	Aug. 4-13	Aug. 3-12
SIDELINE CHEER 20-day Minimum Practice Requirement (MPR) for each individual							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
Stunting at games	Week 8	20-day Ind.PR	Aug. 24	Aug. 22	Aug. 28	Aug. 27	Aug. 26
Season Ends	End of school year						
COMPETITION CHEER*** 20-day MPR per individual; Contest Limits = 5							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 8	20-day Ind.PR	Aug. 24	Aug. 22	Aug. 28	Aug. 27	Aug. 26
District Deadline	Week 17	Sat.	Oct. 29	Oct. 27	Nov. 2	Nov. 1	Oct. 31
Region Deadline	Week 18	Sat.	Nov. 5	Nov. 3	Nov. 9	Nov. 8	Nov. 7
VHSL Championships	Week 19	Fri.-Sat.	Nov. 11-12	Nov. 9-10	Nov. 15-16	Nov. 14-15	Nov. 13-14
CROSS COUNTRY 20-day MPR; Contest Limits = 10							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 8	20-day MPR	Aug. 24	Aug. 22	Aug. 28	Aug. 27	Aug. 26
District Deadline	Week 17	Sat.	Oct. 29	Oct. 27	Nov. 2	Nov. 1	Oct. 31
Region Deadline	Week 18	Sat.	Nov. 5	Nov. 3	Nov. 9	Nov. 8	Nov. 7
VHSL Championships	Week 19	Sat.	Nov. 12	Nov. 10	Nov. 16	Nov. 15	Nov. 14
FIELD HOCKEY 14-day MPR; Contest Limits = 16							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 8	14-day MPR	Aug. 22	Aug. 20	Aug. 26	Aug. 25	Aug. 24
District Deadline	Week 17	Sat.	Oct. 29	Oct. 27	Nov. 2	Nov. 1	Oct. 31
Region Deadline	Week 18	Sat.	Nov. 5	Nov. 3	Nov. 9	Nov. 8	Nov. 7
VHSL Quarterfinal	Week 19	Tues.	Nov. 8	Nov. 6	Nov. 12	Nov. 11	Nov. 10
VHSL Championships	Week 19	Fri.-Sat.	Nov. 11-12	Nov. 9-10	Nov. 15-16	Nov. 14-15	Nov. 13-14
FOOTBALL 15-day MPR; 20-day Maximum prior to first contest; 18 practices required for 2nd scrimmage; Contests = 10							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 8	Any day (Mon. - Sat.) of week 8 as long as MPR has been met					
District Deadline	Week 19	Sat.	Nov. 12	Nov. 10	Nov. 16	Nov. 15	Nov. 14
Region Deadline	Week 21	Sat.	Nov. 26	Nov. 24	Nov. 30	Nov. 29	Nov. 28
VHSL Championships	Week 23	Sat.	Dec. 10	Dec. 8	Dec. 14	Dec. 13	Dec. 12
GOLF (Boys) No MPR; Contest Limits = 12							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 5	Wed.	Aug. 3	Aug. 1	Aug. 7	Aug. 6	Aug. 5
District Deadline	Week 13	Tues.	Sept. 27	Sept. 25	Oct. 1	Sept. 30	Sept. 29
Region Deadline	Week 14	Tues.	Oct. 4	Oct. 2	Oct. 8	Oct. 7	Oct. 6
VHSL Championships	Week 15	Mon.-Tues.	Oct. 10-11	Oct. 8-9	Oct. 14-15	Oct. 13-14	Oct. 12-13
GOLF (Girls) No MPR; Contest Limits = 12 (If on boys team, 3 additional girls only events permitted)							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 5	Wed.	Aug. 3	Aug. 15	Aug. 7	Aug. 6	Aug. 5
Zone Qualifiers	Week 16	Mon.-Thurs.	Oct. 17-20	Oct. 15-18	Oct. 21-24	Oct. 20-23	Oct. 19-22
VHSL Championships	Week 17	Mon.-Tues.	Oct. 24-25	Oct. 22-23	Oct. 28-29	Oct. 27-28	Oct. 26-27
VOLLEYBALL 14-Day MPR; Contest Limits = 20 OR 18+1 Tournament OR 16+2 Tournaments; 15 set max. per tournament.							
First Practice	Week 5	Mon.	Aug. 1	Jul. 30	Aug. 5	Aug. 4	Aug. 3
First Contest	Week 8	14-day MPR	Aug. 22	Aug. 22	Aug. 20	Aug. 25	Aug. 24
District Deadline	Week 18	Sat.	Nov. 5	Nov. 3	Nov. 9	Nov. 8	Nov. 7
Region Deadline	Week 19	Sat.	Nov. 12	Nov. 10	Nov. 16	Nov. 15	Nov. 14
VHSL Quarterfinals	Week 20	Tues.	Nov. 15	Nov. 13	Nov. 19	Nov. 18	Nov. 17
VHSL Championships	Week 20	Wed.-Sat.	Nov. 16-19	Nov. 14-17	Nov. 20-23	Nov. 19-22	Nov. 18-21



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WINTER SEASON	WEEK	DAY	2011-12	2012-13	2013-14	2014-15	2015-16
WINTER DEAD PERIOD			Nov. 7-16	Nov. 5-14	Nov. 11-20	Nov. 10-19	Nov. 9-18
BASKETBALL No Minimum Practice Requirement (MPR); Contest Limits = 22							
First Practice	Week 19	Mon.	Nov. 7	Nov. 5	Nov. 11	Nov. 10	Nov. 9
First Contest	Week 22		Nov. 28	Nov. 26	Dec. 2	Dec. 1	Nov. 30
District Deadline	Week 33	Sat.	Feb. 18	Feb. 16	Feb. 22	Feb. 21	Feb. 20
Region Deadline	Week 34	Sat.	Feb. 25	Feb. 23	Mar. 1	Feb. 28	Feb. 27
VHSL Quarterfinals	Week 35	Fri./Sat.	Mar. 2-3	Mar. 1-2	Mar. 7-8	Mar. 6-7	Mar. 4-5
VHSL Championships	Week 36	Tues.-Sat.	Mar. 6-10	Mar. 5-9	Mar. 11-15	Mar. 10-14	Mar. 8-12
GYMNASTICS No Minimum Practice Requirement (MPR); Contest Limits = 10 Meets							
First Practice	Week 19	Mon.	Nov. 7	Nov. 5	Nov. 11	Nov. 10	Nov. 9
First Contest	Week 22		Nov. 28	Nov. 26	Dec. 2	Dec. 1	Nov. 30
District Deadline	Week 31	Sat.	Feb. 4	Feb. 2	Feb. 8	Feb. 7	Feb. 6
Region Deadline	Week 32	Sat.	Feb. 11	Feb. 9	Feb. 15	Feb. 14	Feb. 13
VHSL Championships	Week 33	Fri.-Sat.	Feb. 17-18	Feb. 15-16	Feb. 21-22	Feb. 20-21	Feb. 19-20
INDOOR TRACK 14-day MPR; Contest Limits = 10 Meets							
First Practice	Week 19	Mon.	Nov. 7	Nov. 5	Nov. 11	Nov. 10	Nov. 9
First Contest	Week 22	14-day MPR	Nov. 28	Nov. 26	Dec. 2	Dec. 1	Nov. 30
District Deadline	Week 32	Sat.	Feb. 11	Feb. 9	Feb. 15	Feb. 14	Feb. 13
Region Deadline	Week 33	Sat.	Feb. 18	Feb. 16	Feb. 22	Feb. 21	Feb. 20
VHSL Championships (A&AA)	Week 34	Sat.	Feb. 25	Feb. 23	Mar. 1	Feb. 28	Feb. 27
VHSL Championships (AAA)	Week 34	Fri.-Sat.	Feb. 24-25	Feb. 22-23	Feb. 28-Mar. 1	Feb. 27-28	Feb. 26-27
SWIM & DIVE No MPR; Contest Limits = 10 Meets - Change to A/AA Schedule for 2011-12 school year approved May 2011							
First Practice A/AA/AAA	Week 19	Mon.	Nov. 7	Nov. 5	Nov. 11	Nov. 10	Nov. 9
First Contest AAA	Week 22		Nov. 28	Nov. 26	Dec. 2	Dec. 1	Nov. 30
First Contest A/AA	Week 21		Nov. 21	Nov. 26	Dec. 2	Dec. 1	Nov. 30
District Deadline AAA	Week 31	Sat.	Feb. 4	Feb. 2	Feb. 8	Feb. 7	Feb. 6
District Deadline A/AA	Week 30	Sat.	Jan. 28	Feb. 2	Feb. 8	Feb. 7	Feb. 6
Region Deadline AAA	Week 32	Sat.	Feb. 11	Feb. 9	Feb. 15	Feb. 14	Feb. 13
Region Deadline A/AA	Week 31	Sat.	Feb. 4	Feb. 9	Feb. 15	Feb. 14	Feb. 13
VHSL Championships AAA	Week 33	Fri./Sat.	Feb. 17-18	Feb. 15-16	Feb. 21-22	Feb. 20-21	Feb. 19-20
VHSL Championships A/AA	Week 32	Th/Fri/Sa	Feb. 9-11	Feb. 14-16	Feb. 20-22	Feb. 19-21	Feb. 18-20
WRESTLING No MPR; Contest Limits = 12; Individuals limited to 60 mat appearances; Must follow WCP							
First Practice	Week 19	Mon.	Nov. 7	Nov. 5	Nov. 11	Nov. 10	Nov. 9
First Contest	Week 22		Nov. 28	Nov. 26	Dec. 2	Dec. 1	Nov. 30
District Deadline	Week 31	Sat.	Feb. 4	Feb. 2	Feb. 8	Feb. 7	Feb. 6
Region Deadline	Week 32	Sat.	Feb. 11	Feb. 9	Feb. 15	Feb. 14	Feb. 13
VHSL Championships	Week 33	Fri.-Sat.	Feb. 17-18	Feb. 15-16	Feb. 21-22	Feb. 20-21	Feb. 19-20



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SPRING SEASON	WEEK	DAY	2011-12	2012-13	2013-14	2014-15	2015-16
SPRING DEAD PERIOD			Feb. 20-29	Feb. 18-27	Feb. 24-Mar. 5	Feb. 23-Mar. 4	Feb. 22-Mar. 2
BASEBALL* No Minimum Practice Requirement (MPR); Contest Limits = 20							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37		Mar. 12	Mar. 11	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 47	Sat.	May 26	May 25	May 31	May 30	May 28
Region Deadline	Week 48	Sat.	June 2	June 1	June 7	June 6	June 4
VHSL Quarterfinals	Week 49	Tues.	June 5	June 4	June 10	June 9	June 7
VHSL Championships	Week 49	Wed.-Sat.	June 6-9	June 5-8	June 11-14	June 10-13	June 8-11
LACROSSE* No MPR; Contest Limits = 14							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37	Mon.	Mar. 12	Mar. 11	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 47	Sat.	May 26	May 25	May 31	May 30	May 28
Region Deadline	Week 48	Sat.	June 2	June 1	June 7	June 6	June 4
VHSL Quarterfinals	Week 49	Tues.	June 5	June 4	June 10	June 9	June 7
VHSL Championships	Week 49	Sat.	June 6-9	June 5-8	June 11-14	June 10-13	June 8-11
SOCCER* No MPR; Contest Limits = 16							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37	Mon.	Mar. 12	Mar. 11	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 47	Sat.	May 26	May 25	May 31	May 30	May 28
Region Deadline	Week 48	Sat.	June 2	June 1	June 7	June 6	June 4
VHSL Quarterfinals	Week 49	Tues.	June 5	June 4	June 10	June 9	June 7
VHSL Championships	Week 49	Sat.	June 6-9	June 5-8	June 11-14	June 10-13	June 8-11
SOFTBALL* No MPR; Contest Limits = 20							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37	Mon.	Mar. 12	Mar. 11	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 47	Sat.	May 26	May 25	May 31	May 30	May 28
Region Deadline	Week 48	Sat.	June 2	June 1	June 7	June 6	June 4
VHSL Quarterfinals	Week 49	Tues.	June 5	June 4	June 10	June 9	June 7
VHSL Championships	Week 49	Fri.-Sat.	June 8-9	June 7-8	June 11-14	June 10-13	June 8-11
TENNIS (AAA TEAM) No MPR; Contest Limits = 16; Players limited to 3 "traditional" or 4 "pro-sets" per day.							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37	Mon.	Mar. 12	Mar. 11	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 46	Wed.	May 16	May 15	May 21	May 20	May 18
Region Deadline	Week 47	Wed.	May 23	May 22	May 28	May 27	May 25
VHSL Quarterfinals	Week 48	Tues.	May 29	May 28	June 3	June 2	May 31
VHSL Championships	Week 48	Fri.-Sat.	June 1-2	May 31-June 1	June 6-7	June 5-6	June 3-4
TENNIS (A&AA; AAA INDIV)* No MPR; Contest Limits = 16; Players limited to 3 "traditional" or 4 "pro-sets" per day.							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37	Mon.	Mar. 12	Mar. 11	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 47	Sat.	May 26	May 25	May 31	May 30	May 28
Region Deadline	Week 48	Sat.	June 2	June 1	June 7	June 6	June 4
VHSL Championships	Week 49	Thurs.-Sat.	June 7-9	June 6-8	June 12-14	June 11-13	June 9-11
TRACK & FIELD 14-day Minimum Practice Requirement; Contest Limits = 10							
First Practice	Week 34	Mon.	Feb. 20	Feb. 18	Feb. 24	Feb. 23	Feb. 22
First Contest	Week 37	14-day MPR	Mar. 7	Mar. 6	Mar. 17	Mar. 16	Mar. 14
District Deadline	Week 46	Sat.	May 19	May 18	May 24	May 23	May 21
Region Deadline	Week 47	Sat.	May 26	May 25	May 31	May 30	May 28
VHSL Championships	Week 48	Fri.-Sat.	June 1-2	May 31-June 1	June 6-7	June 5-6	June 3-4

* denotes events that are part of the Jubilee



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ACTIVITIES	WEEK	DAY	2011-12 ^L	2012-13	2013-14	2014-15	2015-16 ^L
THEATRE - GROUP A							
District Deadline	Week 18	Sat.	Nov. 5	Nov. 3	Nov. 9		
Region Deadline	Week 20	Sat.	Nov. 19	Nov. 17	Nov. 23		
VHSL Championships	Week 23	Mon.-Wed.	Dec. 5	Dec. 5	Dec. 10		
THEATRE - GROUP AA							
District Deadline	Week 18	Sat.	Nov. 5	Nov. 3	Nov. 9		
Region Deadline	Week 20	Sat.	Nov. 19	Nov. 17	Nov. 23		
VHSL Championships	Week 23	Mon.-Wed.	Dec. 6	Dec. 3	Dec. 11		
SCHOLASTIC BOWL							
District Deadline	Week 30	Sat.	Jan. 28	Jan. 26	Feb. 1		
Region Deadline	Week 32	Sat.	Feb. 11	Feb. 9	Feb. 15		
VHSL Championships	Week 34	Sat.	Feb. 25	Feb. 23	Mar. 1		
THEATRE - GROUP AAA							
District Deadline	Week 31	Sat.	Feb. 4	Feb. 2	Feb. 8		
Region Deadline	Week 33	Sat.	Feb. 18	Feb. 16	Feb. 22		
VHSL Championships	Week 35	Sat.	Mar. 3	Mar. 2	Mar. 8		
FORENSICS							
District Deadline	Week 33	Sat.	Feb. 18	Feb. 16	Feb. 22		
Region Deadline	Week 35	Sat.	Mar. 3	Mar. 2	Mar. 8		
VHSL Championships	Week 38	Sat.	Mar. 24	Mar. 23	Mar. 29		
DEBATE							
District Deadline	Week 37	Sat.	Mar. 17	Mar. 16	Mar. 22		
Region Deadline	Week 39	Sat.	Mar. 31	Mar. 30	Apr. 4		
VHSL Championships	Week 41	Fri.-Sat.	Apr. 13-14	Apr. 12-13	Apr. 18-19		