

2026-2029 LHSAA Sports Season Dates *Subject to Change*

Sport	Week	NFHS Calendar	Day(s) of Week	2026-2027	2027-2028	2028-2029
Baseball	1st Practice	Week 28	Monday	January 11	January 10	January 8
	Earliest Jamboree	Week 33	Thursday-Saturday	February 18-20	February 17-19	February 15-17
	First Contest	Week 34	Monday	February 22	February 21	February 19
	Regular Season Ends	Week 43	Monday	April 26	April 25	April 24
	State Championships	Week 47	Tuesday-Saturday	May 25-29	May 23-27	May 22-26
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Girls' Basketball (Class B & C)	1st Practice	Week 11	Monday	September 14	September 13	September 11
	Earliest Jamboree	Week 18	Monday-Saturday	November 2-7	November 1-6	October 30-November 4
	First Contest	Week 19	Monday	November 9	November 8	November 6
	Regular Season Ends	Week 32	Saturday	February 13	February 12	February 10
	State Championships	Week 35	Monday-Saturday	March 1-6	February 28-March 4	February 26-March 3
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Girls' Basketball (Class 1A-5A)	1st Practice	Week 16	Monday	October 19	October 18	October 16
	Earliest Jamboree	Week 20	Monday-Saturday	November 16-21	November 15-20	November 13-18
	First Contest	Week 21	Monday	November 23	November 22	November 20
	Regular Season Ends	Week 32	Saturday	February 13	February 12	February 10
	State Championships	Week 35	Monday-Saturday	March 1-6	February 28-March 4	February 26-March 3
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Boys' Basketball (Class B & C)	1st Practice	Week 11	Monday	September 14	September 13	September 11
	Earliest Jamboree	Week 18	Monday-Saturday	November 2-7	November 1-6	October 30-November 4
	First Contest	Week 19	Monday	November 9	November 8	November 6
	Regular Season Ends	Week 33	Saturday	February 20	February 19	February 17
	State Championships	Week 36	Monday-Saturday	March 8-13	March 6-11	March 5-10
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Boys' Basketball (Class 5A-1A)	1st Practice	Week 16	Monday	October 19	October 18	October 16
	Earliest Jamboree	Week 20	Monday-Saturday	November 16-21	November 15-20	November 13-18
	First Contest	Week 21	Monday	November 23	November 22	November 20
	Regular Season Ends	Week 33	Saturday	February 20	February 19	February 17
	State Championships	Week 36	Monday-Saturday	March 8-13	March 6-11	March 5-10
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Bowling	1st Practice	1st Day of School	N/A	N/A	N/A	N/A
	Earliest Jamboree	Week 28	Monday-Saturday	January 11-16	January 10-15	January 8-13
	First Contest	Week 29	Monday	January 18	January 17	January 15
	Regular Season Ends	Week 37	Thursday	March 18	March 16	March 15
	State Championships	Week 40	Wednesday-Friday	April 7-9	April 5-7	April 4-6
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27

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Sport	Week	NFHS Calendar	Day(s) of Week	2026-2027	2027-2028	2028-2029
Cross Country	1st Practice	Week 6	Monday	August 10	August 9	August 7
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	Week 9	Monday	August 31	August 30	August 28
	Regular Season Ends	Week 18	Saturday	November 7	November 6	November 4
	State Championships	Week 20	Monday-Tuesday	November 16-17	November 15-16	November 13-14
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Football	1st Practice	Week 6	Monday	August 10	August 9	August 7
	Earliest Jamboree	Week 8	Thursday-Saturday	August 27-29	August 26-28	August 24-26
	First Contest	Week 9	Thursday	September 3	September 2	August 31
	Regular Season Ends	Week 18	Saturday	November 7	November 6	November 4
	State Championships	Week 23	Thursday-Saturday	December 10-12	December 9-11	December 7-9
	Spring Practice (Winter)	Week 28-31	Monday-Saturday	January 11-February 6	January 10-February 5	January 8-February 3
	Spring Practice	Week 43	Monday-Saturday	April 26-May 1	April 24-29	April 23-28
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Golf	1st Practice	N/A	N/A	N/A	N/A	N/A
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	N/A	N/A	N/A	N/A	N/A
	Regionals	Week 43	Monday-Thursday	April 26-29	April 24-27	April 23-26
	State Championships	Week 44	Monday-Tuesday	May 3-4	May 1-2	April 30-May 1
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Gymnastics	1st Practice	N/A	N/A	N/A	N/A	N/A
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	N/A	N/A	N/A	N/A	N/A
	Regular Season Ends	Week 39	Monday	March 29	March 27	March 26
	State Championships	Week 41 (40**)	Friday-Saturday	April 16-17	April 14-15	April 13-14
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Powerlifting	1st Practice	Week 21	Monday	November 23	November 22	November 20
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	Week 24	Monday	December 14	December 13	December 11
	Regular Season Ends	Week 32	Wednesday	February 10 (Girls)	February 9 (Boys)	February 7 (Girls)
	Regular Season Ends	Week 33	Wednesday	February 17 (Boys)	February 16 (Girls)	February 14 (Boys)
	State Championships	Week 38 (39**)	Wednesday-Saturday	March 31- April 3**	March 22-25	March 21-24
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27

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Sport	Week	NFHS Calendar	Day(s) of Week	2026-2027	2027-2028	2028-2029
Soccer	1st Practice	Week 15	Monday	October 12	October 11	October 9
	Earliest Jamboree	Week 19 (18*)	Thursday-Saturday	November 12-14	November 4-6*	November 9-11
	First Contest	Week 20 (19*)	Monday	November 16	November 8*	November 13
	Regular Season Ends	Week 31 (30*)	Monday	February 1	January 24*	January 29
	State Championships	Week 34 (33*)	Wednesday-Saturday	February 24-27	February 16-19*	February 21-24
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Softball	1st Practice	Week 31	Monday	February 1	January 31	January 29
	Earliest Jamboree	Week 34	Thursday-Saturday	February 25-27	February 24-26	February 22-24
	First Contest	Week 35	Monday	March 1	February 28	February 26
	Regular Season Ends	Week 43	Tuesday	April 27	April 25	April 24
	State Championships	Week 45	Friday-Saturday	May 14-15	May 12-13	May 11-12
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Swimming	1st Practice	Week 6	Monday	August 10	August 9	August 7
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	Week 9	Monday	August 31	August 30	August 28
	Regular Season Ends	Week 19	Monday	November 9	November 8	November 6
	State Championships	Week 20	Wednesday-Saturday	November 18-21	November 17-20	November 15-18
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Tennis	1st Practice	N/A	N/A	N/A	N/A	N/A
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	N/A	N/A	N/A	N/A	N/A
	Regionals	Week 42 (41**)	Monday-Tuesday	April 19-20	April 10-12**	April 15-16
	State Championships	Week 43	Monday-Friday	April 26-30	April 24-28	April 21-27
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Track and Field (Indoor)	1st Practice	Week 24	Monday	December 14	December 13	December 11
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	Week 26	Saturday	January 2	January 1	December 30
	Regular Season Ends	Week 32	Saturday	February 13	February 12	February 10
	State Championships	Week 33	Saturday	February 20	February 19	February 17
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27

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Sport	Week	NFHS Calendar	Day(s) of Week	2026-2027	2027-2028	2028-2029
Track and Field (Outdoor)	1st Practice	Week 31	Monday	February 1	January 31	January 29
	Earliest Jamboree	N/A	N/A	N/A	N/A	N/A
	First Contest	Week 35	Monday	March 1	February 28-March 4	February 26
	Regular Season Ends	Week 42	Saturday	April 24	April 22	April 21
	State Championships	Week 44	Thursday-Saturday	May 6-8	May 4-6	May 3-5
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Volleyball	1st Practice	Week 6	Monday	August 10	August 9	August 7
	Earliest Jamboree	Week 8	Monday-Saturday	August 24-29	August 23-28	August 21-26
	First Contest	Week 9	Monday	August 31	August 30	August 28
	Regular Season Ends	Week 17	Saturday	October 31	October 30	October 28
	State Championships	Week 19	Thursday-Saturday	November 12-14	November 11-13	November 9-11
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27
Wrestling	1st Practice	Week 14	Monday	October 5	October 4	October 2
	Earliest Jamboree	Week 17	Monday-Saturday	October 26-31	October 25-30	October 23-28
	First Contest	Week 18	Monday	November 2	November 1	October 30
	Regular Season Ends	Week 31 (30*)	Saturday	February 6	February 5	January 27*
	State Championships	Week 32 (31*)	Friday-Saturday	February 12-13	February 11-12	February 2-3*
	Summer Rules Begin	Week 48	Sunday	May 30	May 28	May 27

Notes: February 29, 2028 (Leap Year)

*Mardi Gras Conflicts - Tuesday, February 29, 2028; Tuesday, February 13, 2029

[] Soccer* - 2028 State Championships will move from Week 34 to Week 33 (February 16-19, 2028)

[] Wrestling* - 2029 State Championships will move from Week 32 to Week 31 (February 2-3, 2029)

**Easter Conflicts - Sunday, March 28, 2027

[] Powerlifting** - 2027 State Championships will move from Week 38 to Week 39 (March 31-April 3, 2027)

[] Tennis** - 2028 Regional Tournament will move from Week 42 to Week 41 (April 10-12, 2028)