

2023-2024 LHSA Sports Season Dates

Please Note These Dates Are Subject To Change

Sport	First Practice	Earliest Jamboree	First Contest	Regular Season Ends, Districts Decided	State Championships	Spring Training
Baseball	Week #30 January 22	Week #33 February 15-17	Week #34 February 19	Week #42 April 15	Week #45 May 8-11	NO SPRING TRAINING Week #27-29 Preseason Evaluation December 31- January 20 Week #46 Summer rules begin May 12
Basketball B&C Schools	Week #10 September 4	Week #17 October 23 - 28	Week #18 October 30	Week #32 - Girls February 10 Week #33 - Boys February 17	Week #35 - Girls February 26 - March 2 Week #36 - Boys March 4 - 9	NO SPRING TRAINING Week #46 Summer rules begin May 12
Basketball 5A - 1A Schools	Week #15 October 9	Week #19 November 6-11	Week #20 November 13	Week #32 - Girls February 10 Week #33 - Boys February 17	Week #35 - Girls February 26 - March 2 Week #36 - Boys March 4 - 9	NO SPRING TRAINING Week #46 Summer rules begin May 12
Bowling	1st Day of School	Week #27 January 1 - 6	Week #28 January 8	Week #36 March 8	Week #39 March 28-29	NO SPRING TRAINING Week #46 Summer rules begin May 12
Cross Country	Week #6 August 7	N/A	Week #9 August 28	Week #18 November 4	Week #20 November 13	NO SPRING TRAINING Week #46 Summer rules begin May 12
Football	Week #6 August 7	Week #8 August 24-26	Week #9 August 31	Week #18 November 4	Week #23 December 7 - 9	Week #28-31 (Winter) January 8 - February 3 Week #43 (Spring) April 23 - End of School Summer rules begin May 12

Sport	First Practice	Earliest Jamboree	First Contest	Regular Season Ends, Districts Decided	State Championships	Spring Training
Golf	1st Day of School	N/A	1st Day of School	Last Day of School	Week #43 - Regionals April 22-25 Week #44 - Finals April 29-30	NO SPRING TRAINING Week #46 Summer rules begin May 12
Gymnastics	1st Day of School	N/A	1st Day of School	Week #40 April 1	Week #42 April 19-20	NO SPRING TRAINING Week #46 Summer rules begin May 12
Powerlifting	Week #21 November 20	N/A	Week #24 December 11	Week #32 - Girls February 7 Week #33 - Boys February 14	Week #38 March 20-23	NO SPRING TRAINING Week #46 Summer rules begin May 12
Soccer	Week #15 October 9	N/A	Week #20 November 13	Week #31 January 29	Week #34 February 21-24	NO SPRING TRAINING Week #46 Summer rules begin May 12
Softball	Week #29 January 15	Week #32 February 8-10	Week #33 February 13	Week #41 April 10	Week #43 April 26-27	Weeks #19-23 Preseason Evaluation November 6 - December 9 Week #46 Summer rules begin May 12
Swimming	Week #6 August 7	N/A	Week #9 August 28	Last Day of School	Week #20 November 15-18	NO SPRING TRAINING Week #46 Summer rules begin May 12
Tennis	1st Day of School	N/A	1st Day of School	Last Day of School	Week #42 Regionals April 15-16 Week #43 Finals April 22-26	NO SPRING TRAINING Week #46 Summer rules begin May 12

Sport	First Practice	Earliest Jamboree	First Contest	Regular Season Ends, Districts Decided	State Championships	Spring Training
Track & Field - Indoor	Week #24 December 11	N/A	Week #26 December 30	Week #32 February 10	Week #33 February 17	NO SPRING TRAINING Week #46 Summer rules begin May 12
Track & Field - Outdoor	Week #31 January 29	N/A	Week #35 February 26	Week #42 April 20	Week #44 May 2-4	NO SPRING TRAINING Week #46 Summer rules begin May 12
Volleyball	Week #6 August 7	Week #8 August 21-26	Week #9 August 28	Week #17 October 28	Week #19 November 9-11	Week #46 Summer rules begin May 12
Wrestling	Week #14 October 2	Week #17 October 23-28	Week #18 October 30	Week #31 February 3	Week #32 February 9-10	NO SPRING TRAINING Week #46 Summer rules begin May 12