

2022-2023 LHSAA 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 23	Week #33 February 16-18	Week #34 February 20	Week #42 April 17	Week #45 May 10-13	NO SPRING TRAINING Week #27-29 Preseason Evaluation January 1-21 Week #46 Summer rules begin May 14
Basketball B&C Schools	Week #10 September 5	Week #17 October 24 - 29	Week #18 October 31	Week #32 - Girls February 11 Week #33 - Boys February 18	Week #34 - Girls (Select) February 20-25 Week #35 - Boys (Select) February 27 - March 4 Week #35 - Girls (Non-Select) February 27 - March 4 Week #36 - Boys (Non-Select) March 6-11	NO SPRING TRAINING Week #46 Summer rules begin May 14
Basketball 5A - 1A Schools	Week #15 October 10	Week #19 November 7-12	Week #20 November 14	Week #32 - Girls February 11 Week #33 - Boys February 18	Week #34 - Girls (Select) February 20-25 Week #35 - Boys (Select) February 27 - March 4 Week #35 - Girls (Non-Select) February 27 - March 4 Week #36 - Boys (Non-Select) March 6-11	NO SPRING TRAINING Week #46 Summer rules begin May 14
Bowling	1st Day of School	Week #27 January 2 - 7	Week #28 January 9	Week #36 March 10	Week #39 March 30 - 31	No Spring Training Week #46 Summer rules begin May 14
Cross Country	Week #6 August 8	N/A	Week #9 August 29	Week #18 - DIV I-V November 5	Week #20 November 14	NO SPRING TRAINING Week #46 Summer rules begin May 14

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Football	Week #6 August 8	Week #8 August 25-27	Week #9 September 1	Week #18 November 5	Week #23 Classes & Divisions December 8 - 10	Week #28-31 (Winter) January 9 - February 4 Week #43 (Spring) April 24 - End of School Summer rules begin May 14
Golf	1st Day of School	N/A	1st Day of School	Last Day of School	Week #43 - Regionals April 24-27 Week #44 - Finals May 1-2	NO SPRING TRAINING Week #46 Summer rules begin May 14
Gymnastics	1st Day of School	N/A	1st Day of School	Week #39 March 27	Week #41 April 14-15	NO SPRING TRAINING Week #46 Summer rules begin May 14
Powerlifting	Week #21 November 21	N/A	Week #24 December 12	Week #32 - Girls February 8 Week #33 - Boys February 15	Week #37 March 23-25	NO SPRING TRAINING Week #46 Summer rules begin May 14
Soccer	Week #15 October 10	N/A	Week #20 November 14	Week #31 January 30	Week #34 February 22-25	NO SPRING TRAINING Week #46 Summer rules begin May 14
Softball	Week #29 January 16	Week #32 February 9-11	Week #33 February 14	Week #41 April 13	Week #43 April 28-29	Weeks #19-23 Preseason Evaluation November 7 - December 10 Week #46 Summer rules begin May 14
Swimming	Week #6 August 8	N/A	Week #9 August 29	Last Day of School	Week #20 November 16-19	NO SPRING TRAINING Week #46 Summer rules begin May 14

Sport	First Practice	Earliest Jamboree	First Contest	Regular Season Ends, Districts Decided	State Championships	Spring Training
Tennis	1st Day of School	N/A	1st Day of School	Last Day of School	Week #42 Regionals April 17-18 Week #43 Finals April 24-28	NO SPRING TRAINING Week #46 Summer rules begin May 14
Track & Field - Indoor	Week #24 December 12	N/A	Week #26 December 31	Week #32 February 11	Week #33 February 18	NO SPRING TRAINING Week #46 Summer rules begin May 14
Track & Field - Outdoor	Week #31 January 30	N/A	Week #35 February 27	Week #42 April 22	Week #44 May 4-6	NO SPRING TRAINING Week #46 Summer rules begin May 14
Volleyball	Week #6 August 8	Week #8 August 22-27	Week #9 August 29	Week #17 October 29	Week #19 November 10-12	Week #45 Evaluation Period May 8-13 Week #46 Summer rules begin May 14
Wrestling	Week #14 October 3	Week #17 October 24-29	Week #18 October 31	Week #31 February 4	Week #32 February 10-11	NO SPRING TRAINING Week #46 Summer rules begin May 14