

NJSIAA 2019-2021 Fall Athletic Season Dates

Revised 11/20/19

Football	2019	2020	2021
First Practice (Week 0 / Week 1)	Aug. 7 / Aug. 14	Aug. 03 / Aug. 10	Aug. 02 / Aug. 09
First Scrimmage (Week 0 / Week 1)	Aug. 14 / Aug. 21	Aug. 10 / Aug. 17	Aug. 09 / Aug. 16
First Contest (Week 0 / Week 1)	Aug. 30 / Sept. 05	Aug. 28 / Sept. 03	Aug 27 / Sept. 02
Tournament Start	Nov. 08	Nov. 06	Nov. 05
Cross Country			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Nov. 09	Nov. 07	Nov. 06
Field Hockey			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Oct. 21	Oct. 26	Oct. 25
Gymnastics			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Nov. 02	Nov. 07	Nov. 06
Soccer			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Oct. 26	Nov. 02	Nov. 01
Tennis (Girls)			
First Practice	Aug. 12	Aug. 10	Aug. 09
First Scrimmage	Aug. 19	Aug. 17	Aug. 16
First Contest	Sept. 03	Sept. 01	Sept. 01
Tournament Start (Team)	Oct. 02	Sept. 30	Sept. 29
Tournament Start (S & D)	Oct. 05	Oct. 03	Oct. 02
Volleyball (Girls)			
First Practice	Aug. 12	Aug. 17	Aug. 16
First Scrimmage	Aug. 19	Aug. 24	Aug. 23
First Contest	Sept. 03	Sept. 08	Sept. 07
Tournament Start	Nov. 04	TBA	Nov. 01

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Please Note: The “first scrimmage” dates above include the 6 days on and 1 day off rule. You may break up the first 7 days as you choose, just remember that 6 days of practice and 1 day of rest within the 7-day time frame.

NJSIAA 2019-2022 Winter Athletic Season Dates

Revised 11/20/19

	2019-2020	2020-2021	2021-2022
Ice Hockey			
First Practice	Nov. 04	Nov. 09	Nov. 08
First Scrimmage	Nov. 11	Nov. 16	Nov. 15
First Contest	Nov. 29	Nov. 28	Nov. 27
Tournament Start	Feb. 24	TBA	TBA
Bowling			
First Practice	Nov. 11	Nov. 09	Nov. 08
First Scrimmage	N/A	N/A	N/A
First Contest	Nov. 23	Nov. 28	Nov. 27
Tournament Start (B)	Jan. 30	TBA	TBA
Tournament Start (G)	Feb. 08	TBA	TBA
Swimming			
First Practice	Nov. 11	Nov. 09	Nov. 08
First Scrimmage	Nov. 18	Nov. 16	Nov. 15
First Contest	Dec. 01	Dec. 01	Dec. 01
Tournament Start	Feb. 04	TBA	TBA
Skiing			
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Jan. 01	Jan. 01	Jan. 01
Tournament Start	TBA	TBA	TBA
Basketball			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start	Mar. 02	TBA	TBA
Fencing			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start	Jan. 18	TBA	TBA
Winter Track			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start (Relays)	Jan. 16	TBA	TBA
Tournament Start (Team)	Jan. 31	TBA	TBA
Wrestling			
Tryouts	Nov. 25-27	Nov. 23-25	Nov. 22-24
No Contact	Nov. 28-Dec. 1	Nov. 26-29	Nov. 25-28
First Practice	Dec. 02	Nov. 30	Nov. 29
First Scrimmage	Dec. 09	Dec. 07	Dec. 06
First Contest	Dec. 19	Dec. 18	Dec. 17
Tournament Start (Team)	Feb. 10	TBA	TBA
Tournament Start (Ind)	Feb. 22	TBA	TBA

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NJSIAA 2020-2022 Spring Athletic Season Dates

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Spring Sports	2020	2021	2022
Golf			
First Practice	March 06	March 08	March 07
First Scrimmage	N/A	N/A	N/A
First Contest	April 01	April 01	April 01
Tournament Start	May 11	TBA	TBA
Lacrosse			
First Practice	March 06	March 08	March 07
First Scrimmage	March 13	March 15	March 14
First Contest	March 25	March 31	March 30
Tournament Start (B)	May 20	TBA	TBA
Tournament Start (G)	May 14	TBA	TBA
Tennis (Boys)			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start (Team)	May 06	TBA	TBA
Tournament Start (S & D)	May 30	TBA	TBA
Baseball			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start	May 26	TBA	TBA
Softball			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start	May 14	TBA	TBA
Spring Track			
First Practice	March 06	March 08	March 07
First Scrimmage	March 13	March 15	March 14
First Contest	April 01	April 01	April 01
Tournament Start	May 26	TBA	TBA
Volleyball (Boys)			
First Practice	March 06	March 12	March 11
First Scrimmage	March 13	March 19	March 18
First Contest	April 01	April 01	April 01
Tournament Start	May 19	TBA	TBA

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