| ACTIVITY | NFHS WEEK \# | 23-24 DATES | CHAMPIONSHIP SITE |
| :---: | :---: | :---: | :---: |
| MORATORIUM WEEK | Week 4 | July 23-29 |  |
|  CROSS COUNTRY <br> First Practice Date  <br> First Contest Date  <br> Cutoff Date  <br> Championships  | Week 7 <br> Week 8 <br> Week 17 <br> Week 18 | August 14 <br> August 24 <br> October 28 <br> November 4 | Lane Community College (Eugene) |
| VOLLEYBALL <br> First Practice Date <br> First Contest / Jamboree Date <br> 6A, 3A, 1A Cutoff Date <br> 5A, 4A, 2A Cutoff Date <br> 6A, 3A, 1A 1st, 2nd Rounds <br> 5A, 4A, 2A 1st Round <br> 6A, 5A Quarterfinals-Finals <br> 4A, 3A Quarterfinals-Finals <br> 2A, 1A Quarterfinals-Finals | Week 7 <br> Week 8 <br> Week 16 <br> Week 17 <br> Week 17 <br> Week 17 <br> Week 18 <br> Week 18 <br> Week 18 | August 14 <br> August 24 <br> October 21 <br> October 24 <br> October 25, 28 <br> October 28 <br> November 3-4 <br> November 3-4 <br> November 3-4 | Forest Grove High School Springfield High School Ridgeview High School (Redmond) |
| SOCCER |  |  |  |
| First Practice Date <br> First Contest / Jamboree Date <br> 6A, 3A/2A/1A Cutoff Date <br> 5A, 4A Cutoff Date <br> $6 \mathrm{~A}, 3 \mathrm{~A} / 2 \mathrm{~A} / 1 \mathrm{~A}$ Girls 1st, 2nd Rounds <br> $6 \mathrm{~A}, 3 \mathrm{~A} / 2 \mathrm{~A} / 1 \mathrm{~A}$ Boys 1 st , 2nd Rounds <br> 5A \& 4A Girls 1st Round <br> 5A \& 4A Boys 1st Round <br> All Quarterfinals <br> All Semifinals <br> 6A, 5A Boys \& Girls Finals <br> $4 \mathrm{~A}, 3 \mathrm{~A} / 2 \mathrm{~A} / 1 \mathrm{~A}$ Boys \& Girls Finals | Week 7 <br> Week 8 <br> Week 17 <br> Week 17 <br> Week 17, Week 18 <br> Week 17, Week 18 <br> Week 18 <br> Week 18 <br> Week 18 <br> Week 19 <br> Week 19 <br> Week 19 | August 14 <br> August 24 <br> October 24 <br> October 28 <br> Oct. 28, Oct. 31-Nov. 1 <br> Oct. 28, Nov. 1-2 <br> October 31-Nov. 1 <br> November 1-2 <br> November 4 <br> November 7 <br> November 11 <br> November 11 | Sherwood High School Liberty High School (Hillsboro) |
|   <br>  FOOTBALL <br> First Practice Date  <br> First Jamboree Date  <br> First Contest Date  <br> Varsity Cutoff  <br> Sub-Varsity Cutoff  <br> 1st Round  <br> Quarterfinals  <br> Semifinals  <br> Finals  | Week 7 <br> Week 8 <br> Week 9 <br> Week 17 <br> Week 18 <br> Week 18 <br> Week 19 <br> Week 20 <br> Week 21 | August 14 <br> August 24 <br> August 31 <br> October 28 <br> October 30 <br> November 3-4 <br> November 10-11 <br> November 17-18 <br> November 24-25 | TBD |
|  CHEERLEADING <br> First Practice Date  <br> First Contest Date  <br> Cutoff Date  <br> Championships  | Week 7 <br> Week 8 <br> Week 29 <br> Week 32 | August 14 <br> August 24 <br> January 16 <br> February 9-10 | Oregon City High School |
|  <br> FWIMMING <br> First Practice Date <br> First Contest Date <br> Cutoff Date <br> Championships | Week 20 Week 22 Week 32 Week 33 | November 13 <br> November 29 <br> February 10 <br> February 16-17 | Tualatin Hills Aquatic Center (Beaverton) |
| Frestling <br> First Practice Date <br> First Conttest Date <br> 4A, 3A, 2A/1A Districts \& 6A/5A Girls <br> 6A, 5A Districts and 4A/3A/2A/1A Girls <br> Cutoff Date <br> Boys and Girls Championships | Week 20 <br> Week 22 <br> Week 32 <br> Week 33 <br> Week 33 <br> Week 34 | November 13 <br> November 29 <br> February 9-10 <br> February 16-17 <br> February 17 <br> February 22-24 | Veterans Memorial Coliseum (Portland) |
| First Practice Date <br> First Contest / Jamboree Date <br> 3A, 2A, 1A Cutoff Date <br> 6A, 4A Cutoff Date <br> 3A, 1A Boys 1st, 2nd Rounds <br> 3A, 1A Girls 1st, 2nd Rounds <br> 5A Cutoff Date <br> 1A Boys Quarterfinals-Finals <br> 1A Girls Quarterfinals-Finals <br> 2A Boys 1st Round <br> 2A Girls 1st Round <br> 2A Boys \& Girls Quarterfinals-Finals <br> 3A Boys \& Girls Quarterfinals-Finals | Week 20 <br> Week 22 <br> Week 33 <br> Week 34 <br> Week 34 <br> Week 34 <br> Week 35 <br> Week 35 <br> Week 35 <br> Week 34 <br> Week 34 <br> Week 35 <br> Week 35 | November 13 <br> November 29 <br> February 17 <br> February 24 <br> February 20, 23 <br> February 21, 24 <br> February 28 <br> February 28 - March 2 <br> February 29 - March 2 <br> February 23 <br> February 24 <br> February 29 - March 2 <br> February 29 - March 2 | Baker High School <br> Baker High School <br> Pendleton Convention Center / Pendleton HS Marshfield HS / North Bend HS (Coos Bay) |


| 5A, 4A Boys 1st Round | Week 35 | March 1 |  |
| :---: | :---: | :---: | :---: |
| 5A, 4A Girls 1st Round | Week 35 | March 2 |  |
| 4A Boys \& Girls Quarterfinals-Finals | Week 36 | March 7-9 | Forest Grove High School |
| 5A Boys Quarterfinals-Finals | Week 36 | March 6-9 | Linfield University (McMinnville) |
| 5A Girls Quarterfinals-Finals | Week 36 | March 7-9 | Linfield University (McMinnville) |
| 6A Boys 1st, 2nd Rounds | Week 35 | Feb. 27, March 1 |  |
| 6A Girls 1st, 2nd Rounds | Week 35 | February 28, March 2 |  |
| 6A Boys Quarterfinals-Finals | Week 36 | March 6-9 | University of Portland |
| 6A Girls Quarterfinals-Finals | Week 36 | March 7-9 | University of Portland |
| DANCE/DRILL |  |  |  |
| First Practice Date | Week 7 | August 14 |  |
| First Contest Date | Week 8 | August 24 |  |
| Cutoff Date | Week 35 | March 2 |  |
| Championships | Week 37 | March 15-16 | Salem Pavilion |
| SPEECH |  |  |  |
| First Practice Date | Week 7 | August 14 |  |
| First Contest Date | Week 8 | August 24 |  |
| Cutoff Date | Week 40 | April 6 |  |
| Championships | Week 42 | April 18-20 | Western Oregon University (Monmouth) |
| MUSIC |  |  |  |
| First Practice Date | Week 7 | August 14 |  |
| First Contest Date | Week 8 | August 24 |  |
| Solo Music Cutoff Date | Week 37 | March 12 |  |
| Choir, Band, Orchestra Cutoff Date | Week 41 | April 13 |  |
| Solo Music | Week 43 | April 27 | Portland State University |
| 2A/ 1 A , 3A Choir | Week 44 | May 2 | Oregon State University (Corvallis) |
| 5A, 4A Choir | Week 44 | May 3 | Oregon State University (Corvallis) |
| 6A Choir | Week 44 | May 4 | Oregon State University (Corvallis) |
| Orchestra | Week 45 | May 8 | Oregon State University (Corvallis) |
| 4A, 3A Band | Week 45 | May 9 | Oregon State University (Corvallis) |
| 5A, 2A/1A Band | Week 45 | May 10 | Oregon State University (Corvallis) |
| 6A Band | Week 45 | May 11 | Oregon State University (Corvallis) |
| GOLF |  |  |  |
| First Practice Date | Week 35 | February 26 |  |
| First Contest Date | Week 37 | March 11 |  |
| Cutoff Date | Week 45 | May 7 |  |
| 6A Boys Golf | Week 46 | May 13-14 | Quail Valley Golf Course (Banks) |
| 6A Girls Golf | Week 46 | May 13-14 | Trysting Tree Golf Course (Corvallis) |
| 5A Boys Golf | Week 46 | May 13-14 | Quail Valley Golf Course (Banks) |
| 5A Girls Golf | Week 46 | May 13-14 | Trysting Tree Golf Course (Corvallis) |
| 4A Boys Golf | Week 46 | May 13-14 | Emerald Valley Golf Course (Creswell) |
| $4 \mathrm{~A} / 3 \mathrm{~A} / 2 \mathrm{~A} / 1 \mathrm{~A}$ Girls Golf | Week 46 | May 13-14 | Tokatee Golf Course (McKenzie) |
| $3 \mathrm{~A} / 2 \mathrm{~A} / 1 \mathrm{~A}$ Boys Golf | Week 46 | May 13-14 | Emerald Valley Golf Course (Creswell) |
| TENNIS |  |  |  |
| First Practice Date | Week 35 | February 26 |  |
| First Contest Date | Week 37 | March 11 |  |
| Cutoff Date | Week 46 | May 18 |  |
| 6A Boys \& Girls | Week 47 | May 23-25 | Tualatin Hills Tennis Center (Beaverton) |
| 5A Boys \& Girls | Week 47 | May 24-25 | West Hills RC and Tualatin Hills TC |
| 4A/3A/2A/1A Boys \& Girls | Week 47 | May 23-25 | Oregon State University (Corvallis) |
| TRACK \& FIELD |  |  |  |
| First Practice Date | Week 35 | February 26 |  |
| First Contest Date | Week 37 | March 11 |  |
| Cutoff Date | Week 45 | May 11 |  |
| $3 \mathrm{~A}, 2 \mathrm{~A}, 1 \mathrm{~A}$ Boys \& Girls | Week 46 | May 16-17 | University of Oregon (Eugene) |
| 6A, 5A, 4A Boys \& Girls | Week 46 | May 17-18 | University of Oregon (Eugene) |
| BASEBALL/SOFTBALL |  |  |  |
| 4A, 3A, 2A/1A Rule of 8 | Week 33 | February 12 |  |
| First Practice Date | Week 35 | February 26 |  |
| First Contest / Jamboree Date | Week 37 | March 11 |  |
| 6A, 3A, 2A/1A Cutoff Date | Week 46 | May 16 |  |
| 5A, 4A Cutoff Date | Week 46 | May 18 |  |
| $6 \mathrm{~A}, 3 \mathrm{~A}, 2 \mathrm{~A} / 1 \mathrm{~A} 1 \mathrm{st}$, 2nd Rounds | Week 47 | May 20,22 |  |
| $5 \mathrm{~A}, 4 \mathrm{~A} 1$ st Round | Week 47 | May 21 |  |
| All Quarterfinals | Week 47 | May 24 |  |
| All Semifinals | Week 48 | May 28 |  |
| $3 \mathrm{~A}, 2 \mathrm{~A} / 1 \mathrm{~A}$ Softball Finals | Week 48 | May 31 | University of Oregon (Eugene) |
| 6A, 5A, 4A Softball Finals | Week 48 | June 1 | University of Oregon (Eugene) |
| Baseball Finals | Week 48 | June 1 | TBD |
| LAST DAY OF ASSOCIATION YEAR | Week 48 | May 27 |  |
| Participation Limitations (Handbook Link) | https://w | andbooks/osaahandbook | \#page=129 |

