

## Fall 2019-2020

*DEAD PERIOD: No member of the coaching staff (paid or volunteer) may have any contact with his/her athletes and use the sports equipment for their given sport. Weight training and conditioning are the only activities that will be allowed during these time periods. Coaches may be present during weight training and conditioning.*

*SIT OUT PERIOD: The Sit-Out Period will be 50% of the total number days in that particular season of sport. The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started.*

*GRADE CHECKS: Students can only become eligible or ineligible on the grade check dates listed below. Any grade changes made after the grade check date will NOT count towards athletic eligibility.*

Fall Grade Checks (OUSD Schools)		Cross Country	
<b>1st Grade Check</b>	Based on Semester 2 grades from previous school year	<b>Dead Period</b>	July 27 2019- August 4, 2019
<b>End of Marking Period 1</b>	Friday, September 20, 2019	<b>Sit out Period</b>	Sunday, October 6, 2019
<b>Grade Check</b>	Monday, September 30, 2019	<b>1st Day of practice</b>	Monday, August 5, 2019
<b>End of Marking Period 2</b>	Friday, November 1, 2019	<b>Pre-Season Meeting</b>	Thursday, August 22, 2019
<b>Grade Check</b>	Tuesday, November 12, 2019	<b>1st Allowable Contest</b>	Friday, August 23, 2019
		<b>1st OAL Contest</b>	Wednesday, September 18, 2019
		<b>Post Season Meeting</b>	Wednesday, November 6, 2019
		<b>League Championships</b>	Wednesday, November 13, 2019
<b>SAT</b>	Saturday, October 5, 2019	<b>Section Championship</b>	Wednesday, November 20, 2019
<b>SAT</b>	Saturday, November 2, 2019	<b>CIF State Championship</b>	Saturday, November 30, 2019
Football		Girls Golf	
<b>Dead Period</b>	July 27 2019- August 4, 2019	<b>Dead Period</b>	July 27 2019- August 4, 2019
<b>Sit out Period</b>	Tuesday, October 1, 2019	<b>Sit out Period</b>	Sunday, September 22, 2019
<b>1st Day of practice</b>	Monday, August 5, 2019	<b>1st Day of practice</b>	Monday, August 5, 2019
<b>Pre-Season Meeting</b>	Wednesday, August 14, 2019	<b>Pre-Season Meeting</b>	Wednesday, August 21, 2019
<b>1st Allowable Contest</b>	Friday, August 23, 2019	<b>1st Allowable Contest</b>	Friday, August 23, 2019
<b>1st OAL Contest</b>	Friday, October 11, 2019	<b>1st OAL Contest</b>	Wednesday, September 18, 2019
<b>Post Season Meeting</b>	Tuesday, November 12, 2019	<b>Post Season Meeting</b>	Wednesday, October 16, 2019
<b>OAL Championship</b>	Best League Record	<b>Section Championship</b>	Wednesday, October 23, 2019
<b>Section Playoffs</b>	Friday, November 15, 2019	<b>CIF NorCal</b>	Monday, November 4, 2019
<b>Section Championship</b>	Friday, November 22, 2019		
<b>CIF NorCal</b>	Friday, December 6, 2019		
Girls Tennis		Girls Volleyball	
<b>Dead Period</b>	July 27 2019- August 4, 2019	<b>Dead Period</b>	July 27 2019- August 4, 2019
<b>Sit out Period</b>	Friday, September 27, 2019	<b>Sit out Period</b>	Wednesday, September 25, 2019
<b>1st Day of practice</b>	Monday, August 5, 2019	<b>1st Day of practice</b>	Monday, August 5, 2019
<b>Pre-Season Meeting</b>	Wednesday, August 21, 2019	<b>Pre-Season Meeting</b>	Thursday, August 15, 2019
<b>1st Allowable Contest</b>	Friday, August 23, 2019	<b>1st Allowable Contest</b>	Friday, August 23, 2019
<b>1st OAL Contest</b>	Wednesday, October 2, 2019	<b>1st OAL Contest</b>	Tuesday, September 17, 2019
<b>Post Season Meeting</b>	Wednesday, November 6, 2019	<b>Post Season Meeting</b>	Tuesday, October 22, 2019
<b>Section Championship</b>	Best League Record	<b>OAL Playoffs Begin</b>	Tuesday, October 29, 2019
<b>Singles Playoffs</b>	Tuesday, November 12, 2019	<b>OAL Championship</b>	Thursday, October 31, 2019
<b>Singles Championship</b>	Thursday, November 14, 2019	<b>Section Playoffs</b>	Tuesday, November 5, 2019
<b>Doubles Playoffs</b>	Wednesday, November 13, 2019	<b>Section Championship</b>	Thursday, November 7, 2019
<b>Doubles Championship</b>	Friday, November 15, 2019	<b>CIF NorCal</b>	Tuesday, November 12, 2019
<b>CIF NorCal</b>	Tuesday, November 19, 2019		

<b>Winter</b>				
<b>Dead Period</b>	October 26th - November 3rd			
<b>1st Day of practice</b>	Monday, November 4, 2019			
<b>1st Allowable Contest</b>	Friday, November 15, 2019			
<b>Spring</b>				
<b>Dead Period</b>	February 1st - February 9th			
<b>1st Day of practice</b>	Monday, February 10, 2020			
<b>1st Allowable Contest</b>	Friday, February 21, 2020			