

2021 - 2022 Athletic Teams Playing Seasons		
Sport	Championship (Traditional)	Non Championship (Non-Traditional)
Baseball	January 28, 2022 - May 29, 2022	September 17, 2021 - October 31, 2021
M. Basketball	September 28, 2021 - March 13, 2022	
W. Basetball	September 28, 2021 - March 12, 2022	
Cross Country	August 19, 2021 - November 12, 2021	
Track (Indoor)	December 10, 2021 - May 22, 2022	
Track (Outdoor)	December 10, 2021 - May 22, 2022	
Golf	January 18, 2022 - April 25, 2022	August 30, 2021 - November 4, 2021
Hockey	October 2, 2021 - March, 19 2022 (with a break from December 11, 2021 to December 27, 2021)	
M. Lacrosse	January 17, 2022 - May 7, 2022	October 1, 2022 - November 10, 2021
W. Lacrosse	January 18, 2022 - May 7, 2022	September 18, 2021 - October 30, 2021
Rowing	January 24, 2022 - May 15, 2022	September 6, 2021 - November 11, 2021
M. Soccer	August 10, 2021 - November 14, 2021	February 20, 2022 - April 27, 2022
W Soccer	August 3, 2021 - November 7, 2021	February 18, 2022 - April 27, 2022
Softball	January 23, 2022 - May 15, 2022	September 5, 2021 - October 19, 2021
Swimming & Diving	August 31, 2021 - February 12, 2022 (with a break from December 18, 2021 to December 31, 2021)	
Volleyball	August 9, 2021 - November 21, 2021	February 16, 2022 - April 20, 2022

During the dates provided above, teams are permitted 20 hours of countable athletic related activities, 1 day off per week and no more than 4 hours a day of countable related activities.

Outside of the dates provided teams are permitted 8 hours total per week of countable athletic related activities to include 2 days off per week and only 4 hours of skill related workouts.