



WINTER GAMES

Cross Country Skiing, Snowshoe, Unified Volleyball

Starting Date:	January 2, 2024
8 Week Training Period:	January 2 – February 23
Training School Target Dates:	TBD
Area Games	January 29 – February 4
District Games	February 5 – February 11
Entry Deadline:	February 15
State Games: VALLEY CITY	February 24 – 25, 2024

SUMMER GAMES

Swimming, Track & Field, Powerlifting

Starting Date:	March 25
8 – Week Training Period	March 25 – May 17
Training School Target Dates	TBD
Area Games	April 22 – April 28
District Games	April 29 – May 5
Entry Deadline	May 9
State Tournament: FARGO	May 18 – 19, 2024

SOCCER/BOCCE

Unified & Traditional Bocce & Soccer

Starting Date:	July 29
8-Week Training Period:	July 29 - September 20
Training School Target Dates:	TBD
Area Tournaments:	August 26 – September 1
District Tournaments:	September 2 - 8
Entry Deadline:	September 12
State Tournament: GRAND FORKS	September 21-22, 2024

BOWLING*

Starting Date:	September 3
8-Week Training Period	September 3 – November 1
Training School Target Dates:	TBD
Area Tournaments:	October 7 – October 20
Entry Deadline:	October 24
State Tournament: MANDAN & FARGO	November 2 or 3, 2024
<i>*15 games must be bowled for an athlete to qualify for the State Bowling Tournament.</i>	

BASKETBALL

Starting Date:	October 21
8– Week Training Period	October 21 – December 13
Training School Target Dates	TBD
Area Tournaments	November 18 – November 22
District Tournaments	November 25 – December 3
Entry Deadline	December 3
State Tournament: MINOT	Dec 14 – Dec 15, 2024

**Specific dates for entry deadlines and tournaments subject to change depending on State tournament dates*