



### **SOCCER/BOCCE**

*Unified & Traditional Bocce & Soccer*

|                               |                        |
|-------------------------------|------------------------|
| Starting Date:                | July 22, 2019          |
| 8-Week Training Period:       | July 22 - September 13 |
| Training School Target Dates: | July 6 – August 4      |
| Area Tournaments:             | August 5 – August 11   |
| District Tournaments:         | August 19- August 25   |
| Entry Deadline:               | August 28              |
| State Tournament: GRAND FORKS | September 14-15, 2019  |

### **BOWLING \***

|                               |                           |
|-------------------------------|---------------------------|
| Starting Date:                | September 9               |
| 8-Week Training Period:       | September 9 – November 1  |
| Training School Target Dates: | August 26 – September 22  |
| Area Tournaments:             | September 21 – October 13 |
| Entry Deadline:               | October 16                |
| State Tournament: MANDAN      | November 9-10, 2019       |

*\*Fifteen games must be bowled for an athlete to qualify for the State Bowling Tournament.*

### **WINTER GAMES**

*Alpine Skiing, Cross Country Skiing, Figure Skating, Speed Skating, Snow Shoe*

|                               |                          |
|-------------------------------|--------------------------|
| Starting Date:                | November 25, 2019        |
| 8 Week Training Period:       | November 25 - January 16 |
| Training School Target Dates: | November 9 – December 10 |
| Area Games                    | December 14 – January 5  |
| Entry Deadline:               | January 8                |
| State Games: BOTTINEAU        | January 17-18, 2020      |

### **BASKETBALL**

|                              |                         |
|------------------------------|-------------------------|
| Starting Date:               | January 6, 2020         |
| 8- Week Training Period      | January 6 – February 28 |
| Training School Target Dates | December 1 – January 6  |
| Area Tournaments             | January 20- February 2  |
| District Tournaments         | January 25 – February 9 |
| Entry Deadline               | February 12             |
| State Tournament: MINOT      | February 28-29, 2020    |

### **SUMMER GAMES**

*Swimming, Bocce, Gymnastics, Powerlifting, Track & Field, Unified Volleyball*

|                              |                    |
|------------------------------|--------------------|
| Starting Date:               | March 23, 2020     |
| 10 – Week Training Period    | March 23 – May 29  |
| Training School Target Dates | March 7– April 5   |
| Area Games                   | April 4 – April 19 |
| District Games               | April 25 – May 10  |
| Entry Deadline               | May 18             |
| State Tournament: FARGO      | June 4-6, 2020     |