

SPORT (Fall)	1 ST PRACTICE	1 ST CONTEST	CHAMPIONSHIP DATES	SITE (HOST)
M/W Cross Country	August 1, 2019	August 24, 2019	November 18, 2019	Saint Martin's University (SPSCC)
*M/W Soccer	August 1, 2019	August 22, 2019	November 15 & 17, 2019	Starfire Sports Complex (HC)
Volleyball	August 1, 2019	August 23, 2019	November 21-24, 2019	Greater Tacoma Convention Center (PiC)
Fall Golf	August 1, 2019	September 13, 2019		
SPORT (Winter)	1 ST PRACTICE	1 ST CONTEST	CHAMPIONSHIP DATES	SITE (HOST)
M/W Basketball	September 1, 2019	November 15, 2019	March 5-8 & 14-15, 2020	Everett CC (Everett CC)
SPORT (Spring)	1 ST PRACTICE	1 ST CONTEST	CHAMPIONSHIP DATES	SITE (HOST)
**Softball	September 1 - October 31, 2019; January 13, 2020	February 21, 2020	May 15-18, 2020	Dwight Merkel Sports Complex (NIC)
**Baseball	September 1 - October 31, 2019; January 15, 2020	February 21, 2020	May 21-25, 2020	Lower Columbia College (LCC)
M/W Track & Field	January 15, 2020	February 28, 2020	May 18-19, 2020	Mt. Hood CC (CICC)
M/W T&F Multi Events			April 27-28, 2020	Spokane Falls CC (CCS)
Golf	January 15, 2020	March 6, 2020	May 17-18, 2020	Apple Tree Golf Course (OC)
M/W Tennis	January 15, 2020	February 14, 2020	May 8-9, 2020	Wenatchee Racquet Athletic Club

*If participating in Soccer Friendlies, if not season starts 8/24

2019-20 NWAC SHOWCASE/ALL-STAR EVENTS

SPORT	DATE	SITE
Soccer Friendlies	August 22-23, 2019	Starfire Sports Complex, Tukwila, WA
Volleyball Showcase	August 24-25, 2019	Bob Keefer Center, Springfield, OR
Baseball Showcase	September 21, 2019	Lower Columbia College, Longview, WA
Softball Sophomore Showcase/Fall Classic	September 28, 2019	Softball Committee/Delta Park, Portland, OR
M/W Soccer All-Star games	November 17, 2019	Starfire Sports Complex, Tukwila, WA
Volleyball All-Star matches	November 24, 2019	Tacoma Convention Center, Tacoma, WA
M/W Basketball Showcase	October 12, 2019	Northwest Sports Hub, Centralia, WA

2019-20 NWAC CROSSOVER/INTER-REGION TOURNAMENTS

SPORT	DATE	SITE/HOST
Volleyball Crossover Tournaments	September 13-14, 2019	EdCC, CCS, LBCC, CenC
*Basketball (Women) Crossover Tournaments	December 20-22, 2019	YVC, CCS, PIC, TCC, LANE, LBCC, BC, SVC
*Basketball (Men) Crossover Tournaments	December 20-22, 2019	NIC, BBCC, CENC, GHC, PCC, CLCC, SCC, EVCC
Softball Preseason Crossover Tournaments	February 29-March 1, 2020	Columbia Playfields, Richland, WA
Softball Inter-Region Tournaments	March 6-8, 2020	The RAC, Lacey, WA
Softball Crossover Tournaments	April 18-19, 2020	Kiwanis Park, Yakima, WA

Annual Commission Meeting: May 28-29, 2020 North Region Location TBD

Updated 6/13/19

*Dates are flexible if all teams agree

SPORT (Fall)	Summer Out-of-Season (must be voluntary, limited to 6 hours per week)	Playing Season	Out of Season (limited to 12 hours per week/5 days of countable activities)	Dead Periods (No countable activities allowed)
M/W Cross Country	7/1 – 7/31	8/1 – (CM)	Day after (CM) through the end of Spring term.	End of Spring term through June 30; last 2 weeks of each quarter (F/W) that falls in Out of Season
M/W Soccer	7/1 – 7/31	8/1 – (CT)	Day after (CT) through the end of Spring term.	End of Spring term through June 30; last 2 weeks of each quarter (F/W) that falls in Out of Season
Volleyball	7/1 – 7/31	8/1 – (CT)	Day after (CT) through the end of Spring term.	End of Spring term through June 30; last 2 weeks of each quarter (F/W) that falls in Out of Season
Fall Golf	7/1 – 7/31	8/1- 11/15	11/16-1/14	End of Spring term through June 30; last 2 weeks of each quarter (F/W) that falls in Out of Season
SPORT (Winter)	Summer Out-of-Season (must be voluntary, limited to 6 hours per week during 4 weeks of summer season)	Playing Season	Out-of-Season (limited to 12 hours per week/5 days of countable activities)	Dead Periods (No countable activities allowed)
M/W Basketball	7/1 – 8/31	9/1 – (CT)	Day after (CT) through the end of Spring term.	End of Spring term through June 30; last 2 weeks of each quarter (W/S) that falls in Out of Season
SPORT (Spring)	Summer Out-of-Season (must be voluntary, limited to 6 hours per week during 4 weeks of summer season)	Playing Season	Out-of-Season (limited to 12 hours per week/5 days of countable activities)	Dead Periods (No countable activities allowed)
Softball	7/1 – 8/31	9/1 – 10/31 1/13 – (CT)	11/1 – 1/14	Day after (CT) through June 30; last 2 weeks of each quarter that falls in Out of Season
Baseball	7/1 – 8/31	9/1 – 10/31 1/15 – (CT)	11/1 – 1/14	Day after (CT) through June 30; last 2 weeks of each quarter that falls in Out of Season *Baseball summer leagues are exempt from this rule
M/W Track & Field	7/1 – 8/31	1/15 – (CM)	9/1 – 1/14	Day after (CM) through June 30; last 2 weeks of each (F/W) quarter that falls in Out of Season
Spring Golf	7/1-7/31	1/15 – (CT)	11/16 - 1/14	Day after (CT) through June 30; last 2 weeks of each quarter (F/W) that falls in Out of Season
M/W Tennis	7/1 – 8/31	1/15 – (CT)	9/1 – 1/14	Day after (CT) through June 30; last 2 weeks of each quarter (F/W) that falls in Out of Season

CM=Championship Meet; CT=Championship Tournament

Revised 6.14.19