

			<i>Tentative April, 2026</i>
Week	Month	Dates	2029
4/5	July	22-29	Unified Iowa High School Activities Federation Non-Contact Period
5		30	Girls Tennis Practice Starts
		30	All-State Music Camp Starting Date
6	August	6	FB, 4A Golf, B & G Cross Country, VB & Girls Swimming Practice Starts
		8	IHSADA New Athletic Directors Workshop
		11	IHSSA Judges/Coaches Workshop
10	September	3	Labor Day
12		19	Girls Regional Tennis Individual/Doubles Matches, All Classes
		22	Girls Regional Team Tennis Matches, All Classes
13		26	Girls Regional Team Tennis Matches, All Classes
		29	Girls Regional Team Tennis Matches, All Classes
14	October	1-2	Boys Fall District Golf Meets
		3-4	Girls State Tennis Individual/Doubles Matches, All Classes
		6	State Marching Band Festival: North
15		8-9	Girls State Team Tennis Matches, All Classes
		8-9	Boys Fall State Golf Meet
		12-13	IHSSA Coaches Convention
		13	State Marching Band Festival: South
16		15,18	Girls Regional Volleyball Tournament, 1A,2A
		16,18	Girls Regional Volleyball Tournament, 3A,4A,5A
		17	Piano Auditions: All State Music Festival
		17	Joint Girls and Boys State Qualifying Cross Country Meets, 3A,4A
		18	Joint Girls and Boys State Qualifying Cross Country Meets, 1A,2A
		19	First Round State Football Playoffs, 8PL, A, 1A, 2A
		20	District Auditions: All-State Music Festival
17		22,24	Girls Regional Volleyball Tournament,1A,2A
		23	Girls Regional Volleyball Tournament, 3A,4A,5A
		26	First Round State Football Playoffs, Classes 3A, 4A, 5A
		26	Second Round State Football Playoffs, 8PL, A, 1A, 2A
		26	Joint Girls/Boys State Cross Country Meet, 2A,3A
		27	Joint Girls/Boys State Cross Country Meet, 4A,1A
18		29	Girls Wrestling & Bowling Practice Starts
	Oct./Nov.	29-1	Girls State Volleyball Tournament, All Classes
	October	1	Girls State Qualifying Diving Meet
		1	Quarterfinal Round State Football Playoffs, 8 PL
		2	Quarterfinal Round State Football Playoffs, A, 1A, 2A, 3A, 4A, 5A
		3	Girls State Qualifying Swimming Meet
19		5	Girls Basketball, Boys Swimming Practice Starts
		5	IHSADA New Athletic Directors Workshop, Part 2
		7	Semifinal Round State Football Playoffs, 8 PL
		8	Semifinal Round State Football Playoffs, A, 4A
		9	Semifinal Round State Football Playoffs, 1A, 5A
		9-10	Girls State Swimming & Diving Meet
		10	Semifinal Round State Football Playoffs, 2A, 3A
20		12	Boys Basketball, Bowling & Wrestling Practice Starts
		15-16	Final Round State Football Playoffs, All Classes
		15-17	All-State Music Festival
21		22	Thanksgiving Day
Week	Month	Dates	2030
27	January	4-5	State Debate Tournament
29		14	Girls Regional Dual Team Wrestling Meet, All Classes

		18	Girl State Dual Team Wrestling Meet, All Classes
		19	District Speech Contest, Large Group
30		21	Jazz Band State Festival, North, All Classes
		25	Girls Individual Wrestling State Qualifying Meet
		26	Jazz Band State Festival, South, All Classes
		26	State Jazz Choir Festival, North, All Classes
31		28	State Jazz Choir Festival, South, All Classes
		28	Girls State Qualifying Bowling Tournaments, All Classes
		29	Boys' Regional Dual Team Wrestling Meet, All Classes
	Jan./Feb.	31-1	Girls Individual State Wrestling Tournament
	February	2	State Speech Contest, Large Group
		2	Boys State Dual Team Wrestling Meet, All Classes
		2	Boys District Swimming Meets
32		4	State Show Choir Festival, All Classes
		5-7	Girls State Bowling Tournament, All Classes
		7	Girls Regional Basketball Tournament, 1A
		8	Boys District Basketball Tournament, 1A
		8-9	Boys State Swimming Meet
		9	Girls Regional Basketball Tournament, 2A, 3A
		9	Boys' District Wrestling Meets, All Classes
33		11,14	Boys District Basketball Tournament, 1A, 2A
		11,12	Boys State Qualifying Bowling Tournaments, All Classes
		12,15	Girls Regional Basketball Tournament, 1A, 2A
		13-16	State Individual Wrestling Meet, All Classes
		13,16	Girls Regional Basketball Tournament, 3A, 4A, 5A
		15	IHSSA All-State Festival, Large Group
34		18	Girls & Boys Track Practice Starts
		18,21	Boys Substate Basketball Tournament, 3A
		18,22	Boys Substate Basketball Tournament, 4A
		18-20	Boys Bowling Tournament, All Classes
		19	Girls Regional Basketball Tournament, 4A, 5A
		19	Boys District Basketball Tournament, 1A, 2A
		20	Girls Regional Basketball Tournament, 1A, 2A
		23	Boys Substate Basketball Tournament, 1A, 2A
		23	District Speech Contest, Individual Events
35		25	Boys Substate Basketball Tournament, 3A
		26	Boys Substate Basketball Tournament, 4A
	Feb/March	25-2	Girls State Basketball Tournament, All Classes
36	March	4-8	Boys State Basketball Tournament, All Classes
		5	IHSMA Commercial Band Festival
		9	State Speech Contest, Individual Events
37		11	G/B Golf, Boys Tennis & Soccer Practice Starts
38		18	Girls Soccer Practice Starts
		23	State Music Festival, Solos and Ensembles, 3A
39		25	IHSSA Individual Events All-State Festival
40	April	6	State Music Festival, Solos and Ensembles, 2A
41		13	State Music Festival, Solos and Ensembles, 1A, 4A
44		29	Baseball & Softball Practice Starts
	May	3	State Music Festival, Large Group, 2A, 4A Orchestra-Quad Cities Area Only
		3	State Music Festival, Large Group, 1A, 3A
		4	State Music Festival, Large Group, 2A, 4A
45		8	Boys Sectional Golf Meets, All Classes
		9	Joint Girls and Boys State Qualifying Track Meets, All Classes
		10	Girls Regional Golf Meets, 1A, 2A
		11	Boys District Individual/Doubles Tennis Meets, All Classes

46		13	Boys District Golf Meets , All Classes
		13	Boys Substate Soccer Tournament, Classes 1A, 2A
		14	Boys Substate Soccer Tournament, Classes 3A, 4A
		14	IHSMA Outstanding Performance Showcase
		15	Girls Regional Golf Meets, All Classes
		15	Boys Substate Team Tennis Meets, All Classes
		16-18	State Co-Ed Track Meet, All Classes
47		20,22	Boys Substate Soccer Tournament, All Classes
		20-21	Boys State Golf Meet, All Classes
		21	Girls Regional Soccer Matches, 1A
		21-22	Boys State Individual/Doubles Tennis Meet, All Classes
		23	Girls Regional Soccer Matches, All Classes
		23-24	Girls State Golf Meet, All Classes
48		27	Memorial Day
		29-30	Boys State Team Tennis Meet, All Classes
		28,30	Girls Regional Soccer Matches, All Classes
	May/June	28,30,31,1	Boys State Soccer Tournament, All Classes
49		3,4,6,8	Girls State Soccer Tournament, All Classes
		4	State Co-Ed Golf Meet
		4	State Co-Ed Tennis Meet
0	July	6	Boys District Baseball Tournament, 1A,2A
1		8	Girls Regional Softball Tournament, 1A,2A
		9	Boys District Baseball Tournament, 1A,2A
		10	Girls Regional Softball Tournament, 1A,2A
		11	Girls Regional Softball Tournament, 3A,4A,5A
		12	Boys District Baseball Tournament, 3A
		12	Boys Substate Baseball Tournament, 4A
		12	Girls Regional Softball Tournament, 1A,2A
		13	Boys District Baseball Tournament, 1A,2A
		13	Girls Regional Softball Tournament, 3A,4A,5A
2		15	Boys District Baseball Tournament, 3A
		15	Boys Substate Baseball Tournament, 4A
		15	Girls Regional Softball Tournament, 1A,2A
		16	Girls Regional Softball Tournament, 3A,4A,5A
		16	Boys Substate Baseball Tournament, 1A, 2A
		17	Boys Substate Baseball Tournament, 3A, 4A
3		22-26	Boys State Baseball Tournament, All Classes
		22-26	Girls State Softball Tournament, All Classes
4/5	July/Aug.	28-4	Unified Iowa High School Activities Federation Non-Contact Period