

7.8.15 **Golf**

The golf season begins with the first allowable practice on Monday of WHSAA calendar week 6. The first allowable contest date is on Thursday of calendar week 6. Each golfer is limited to 10 contest days per season. The State Meet shall not count toward the 10 day contest limit. The golf season will end with the State Meet on Saturday of week 11.

7.13.1 **Tennis**

The WHSAA recognizes one classification in tennis. The tennis season begins with the first allowable practice on Monday of WHSAA calendar week 6. The first allowable contest date is on Saturday of calendar week 6. Each tennis player is limited to 10 contest days per season. The Regional and State Tournaments shall not count toward the 10 day contest limit. The tennis season will end with the State Tournament on Saturday of week 12.

7.13.15

Member schools may participate in one-day tennis matches throughout the Spring season. One two-day culminating event is allowed during the Spring season. The Spring tennis season begins on week 39 and ends on week 46.

7.6.15 **Cross Country**

The cross country season begins with the first allowable practice on Monday of WHSAA calendar week 7. The first allowable contest date is on Thursday of calendar week 8. Each cross country runner is limited to 8 contest days per season. The State Meet shall not count toward the 8 day contest limit. The cross country season will end with the State Meet on Saturday of week 16.

7.12.3 **Swimming**

The girls swimming and diving season begins with the first allowable practice on Monday of WHSAA calendar week 7. The first allowable contest date is on Thursday of calendar week 8. Each member school's team is limited to 18 contest days per season. The State Meet shall not count toward the 18 day contest limit. The swimming and diving season will end with the State Meet on Saturday of week 18.

The boys swimming and diving season begins with the first allowable practice on Monday of WHSAA calendar week 22. The first allowable contest date is on Thursday of calendar week 23. Each member school's team is limited to 18 contest days per season. The State Meet shall not count toward the 18 day contest limit. The swimming and diving season will end with the State Meet on Saturday of week 33.

7.12.71

All Schools that compete in swimming and diving are eligible for the State Meet. An accurate and complete record of meet results must be retained, as season times will be used in assigning heats and lanes at the State Meet.

7.5.41 **Basketball**

Each member school's team is limited to participate in no more than 18 basketball contests per season. This limit shall apply to all squads. WHSAA regional and state tournament games shall not be counted in the maximum number of games permitted each school. Participation in regular season tournaments shall count as two contests. Each member school shall be limited to three regular season tournaments. To assist in reducing 9th and 10th grade games during the week, the tournament limit will not be imposed to those levels provided their tournaments are conducted on a Saturday.

Players who will compose the starting five on the varsity team may not suit up for sub-varsity level contests without WHSAA approval.

7.10.11 **Nordic Ski**

The Nordic Ski season begins with the first allowable practice on Monday of WHSAA calendar week 20 and ends with the State Meet on Friday and Saturday of WHSAA calendar week 34.

7.10.24

Each skier is limited to 12 contest days per season. The State Meet shall not count toward the 12 day contest limit. A Nordic Ski meet shall not be held during the season at the site of the State Nordic Ski Meet for that year. If a school is unable to host the meet at their local area, an alternative site may be chosen by the host school. The host school will be responsible for providing meet help, course preparation and medals.

7.10.58 **Alpine Ski**

Each skier is limited to 12 contest days per season. The State Meet shall not count toward the 12 day contest limit. Each school may host one meet during the competitive season. If a school is unable to host the meet at their local area due to snow conditions or other extenuation circumstances, that school which is involved can either:

7.14.70 **Indoor Track**

The Indoor Track season begins with the first allowable practice date on the Monday of WHSAA calendar week 27. The first allowable contest date is on Thursday of calendar week 28. Each member school's team is limited to 8 contest days per season. The State Meet shall not count toward the 8 day contest limit. The indoor track season will end with the State Meet on the Saturday of week 35.

7.14.20 **Outdoor Track**

The Track season begins with the first allowable practice date on the Monday of WHSAA calendar week 36. The first allowable contest date is on Thursday of calendar week 37. Each track athlete is limited to 10 track meets per season. The Regional and State Meet shall not count toward the 10 day meet limit. The track season will end with the State Meet on the Saturday of week 46.