| INTRAMURAL SPORTS SEASON DATES 2025-26 |
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| SEASON #1 | DATES | BOYS SPORTS | GIRLS SPORTS |
| Season Dates | Aug. 18th to Oct. 10th |  |  |
| Start Dates | Aug. 18th to Sept. 19th | Boys Basketball | Girls Soccer |
| Team Practice | Sept. 22nd to Sept. 26th | Cross Country | Cross Country |
| Games/Tournament | Sept. 29th to Oct. 8th |  |  |
| X-Ctry Championships | October 2nd, 2025 | @ Brookhurst | @ Brookhurst |
| Dead Period | Oct. 13th to Oct. 17th |  |  |
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| SEASON #2 | DATES | BOYS SPORTS | GIRLS SPORTS |
| Season Dates | Oct. 20th to Dec. 19th |  |  |
| Start Dates | Oct. 20th to Nov. 21st | Boys Flag Football | Girls Volleyball |
| Team Practice | Dec. 1st to Dec. 5th | Boys Tennis |  |
| Games/Tournament | Dec. 8th to Dec. 16th |  |  |
| Dead Period | Dec. 22nd to Jan. 2nd |  |  |
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| SEASON #3 | DATES | BOYS SPORTS | GIRLS SPORTS |
| Season Dates | Jan. 5th to Feb. 27th |  |  |
| Start Dates | Jan. 5th - Feb. 6th, 2025 | Boys Volleyball | Girls Flag Football |
| Team Practice | Feb. 10th to Feb. 17th |  | Girls Tennis |
| Games/Tournament | Feb. 18th to Feb. 25th |  |  |
| Dead Period | Mar. 2nd to Mar. 6th |  |  |
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| SEASON #4 | DATES | BOYS SPORTS | GIRLS SPORTS |
| Season Dates | Mar. 9th to May 8th |  |  |
| Start Dates | Mar. 9th to April 17th | Boys Soccer | Girls Basketball |
| Team Practice | April 20th to April 24th | Track | Track |
| Games/Tournament | April 27th to May 6th |  |  |
| Track Championships | April 30th, 2026 | @ Cypress | @ Cypress |
| Dead Period | May 11th to May 15th |  |  |