

**IOWA HIGH SCHOOL UNIFIED ACTIVITIES CALENDAR  
2022-23 ACTIVITY YEAR**

Approved April 25, 2022

**2022**

<b>NFHS</b>	<b>Month</b>	<b>Date</b>	<b>Activity</b>
3/4	<b>July</b>	24-31	Unified Iowa High School Activities Federation Non-Contact Period
6	<b>August</b>	8	FB, 4A Golf, B/G Cross Country, VB & Girls Swimming Practice Starts
		10	IHSAA/IGHSAU New Athletic Directors Workshop
		13	IHSSA Judges/Coaches Workshop
10	<b>September</b>	5	Labor Day
13	<b>October</b>	1	State Debate Clinic
14		4	Boys Fall District Golf Meets
		7,8	Boys Fall State Golf Meet
		8	State Marching Band Festival: North
15		14,15	IHSSA Coaches Convention
		15	State Marching Band Festival: South
16		17,19	Girls Regional Volleyball Tournament, 1A,2A,3A
		18,20	Girls Regional Volleyball Tournament, 4A,5A
		19	Piano Auditions: All State Music Festival
		19	Joint Girls and Boys State Qualifying Cross Country Meets, 3A,4A
		20	Joint Girls and Boys State Qualifying Cross Country Meets, 1A,2A
		21	First Round State Football Playoffs, 8PL, A, 1A, 2A
		22	District Auditions: All-State Music Festival
17		24,26	Girls Regional Volleyball Tournament,1A,2A
		25	Girls Regional Volleyball Tournament, 3A,4A,5A
		28	First Round State Football Playoffs, 3A, 4A, 5A
		28	Second Round State Football Playoffs, 8PL, A, 1A, 2A
		28	Joint Girls/Boys State Cross Country Meet, 1A,2A
		29	Joint Girls/Boys State Cross Country Meet, 3A,4A
18	<b>Oct./Nov.</b>	31	Girls Wrestling Practice Starts
		31-3	Girls State Volleyball Tournament, All Classes
		3	Girls Regional Diving Meet
		3	Quarterfinal Round State Football Playoffs, 8 PL
		4	Quarterfinal Round State Football Playoffs, A, 1A, 2A, 3A, 4A, 5A
		5	Girls Regional Swimming Meet
19		7	Girls Basketball, G/B Bowling, Boys Swimming Practice Starts
		7	IHSAA/IGHSAU New Athletic Directors Workshop, Part 2
		9	Semifinal Round State Football Playoffs, 8 PL
		10	Semifinal Round State Football Playoffs, A, 4A
		11	Semifinal Round State Football Playoffs, 1A, 5A
		11,12	Girls State Swimming & Diving Meet
		12	Semifinal Round State Football Playoffs, 2A, 3A
20		14	Boys Basketball and Wrestling Practice Starts
		17,18	Final Round State Football Playoffs, All Classes
		17-19	All-State Music Festival
21		24	Thanksgiving Day

**2023**

27	<b>January</b>	6,7	State Debate Tournament
29		21	District Speech Contest, Large Group
30		23	Jazz Band State Festival, North, All Classes
		27,28	Girls Wrestling State Qualifying Meet
		28	Jazz Band State Festival, South, All Classes
31		30	State Show Choir Festival, All Classes
		31	Regional Dual Team Wrestling Meet, All Classes
	<b>February</b>	2,3	Girls State Wrestling Tournament
		4	State Speech Contest, Large Group
		4	State Dual Team Wrestling Tournament, All Classes
		4	Boys District Swimming Meets

32		6	State Jazz Choir Festival, All Classes
		9	Girls Regional Basketball Tournament, 1A
		10	Boys District Basketball Tournament, 1A
		10,11	Boys State Swimming Meet
		11	Girls Regional Basketball Tournament,2A,3A
		11	District Wrestling Meets, All Classes
33		13,14	Joint Girls and Boys State Qualifying Bowling Tournaments, All Classes
		13,16	Boys District Basketball Tournament, 1A,2A
		14,17	Girls Regional Basketball Tournament, 1A,2A
		15-18	State Individual Wrestling Tournament, All Classes
		15,18	Girls Regional Basketball Tournament, 3A,4A,5A
		18	IHSSA All-State Festival, Large Group
34		20	G/B Track Practice Starts
		20,23,27	Boys Substate Basketball Tournament, 3A
		20,24,28	Boys Substate Basketball Tournament, 4A
		20-22	State Co-Ed Bowling Tournament, All Classes
		21	Girls Regional Basketball Tournament, 4A,5A
		21	Boys District Basketball Tournament, 1A,2A
		22	Girls Regional Basketball Tournament, 1A,2A
		25	Boys Substate Basketball Tournament, 1A,2A
		25	District Speech Contest, Individual Events
35	<b>Feb/March</b>	27-4	Girls State Basketball Tournament, All Classes
36		6-10	Boys State Basketball Tournament, All Classes
		10,11	State Speech Contest, Individual Events
37		13	G/B Golf, G/B Tennis, G/B Soccer Practice Starts
38		25	State Music Festival, Solos and Ensembles, 3A
39		27	IHSSA Individual Events All-State Festival
	<b>April</b>	1	State Music Festival, Solos and Ensembles, 2A
42		15	State Music Festival, Solos and Ensembles, 1A,4A
44	<b>May</b>	1	Baseball & Softball Practice Starts
		5	State Music Festival, Large Group, 2A,4A Orchestra-Quad Cities Area Only
		5	State Music Festival, Large Group, 1A,3A
		6	State Music Festival, Large Group,2A,4A
45		8	Boys District Individual Tennis Meets, All Classes
		10	Boys Sectional Golf Meets, All Classes
		10	Girls Regional Individual Tennis Meets, All Classes
		11	Joint Girls and Boys State Qualifying Track Meets, All Classes
		12	Girls Regional Golf Meets, 1A,2A
		12	Boys Substate Team Tennis Meets, All Classes
		13	Girls Regional Team Tennis Meets, All Classes
46		15	Boys District Golf Meets , All Classes
		16	Girls Regional Team Tennis Meets, All Classes
		16	Boys Substate Soccer Tournament, Class 1A
		17	Girls Regional Soccer Tournament, 1A
		17	Girls Regional Golf Meets, All Classes
		17	Boys Substate Team Tennis Meets, All Classes
		18-20	State Co-Ed Track Meet, All Classes
		18	Boys Substate Soccer Tournament, All Classes
		19	Girls Regional Soccer Tournament, 2A,3A
		20	Girls 1st Round State Team/Regional Team Tennis Meets, All Classes
47		22	Girls 1st Round State Team Tennis, 1A if needed
		22,23	Boys State Golf Meet, All Classes
		22,24	Boys Substate Soccer Tournament, All Classes
		23,24	Boys State Tennis Meet, All Classes
		23,25	Girls Regional Soccer Tournament, All Classes
		25,26	Girls State Golf Meet, All Classes
		26,27	Girls State Individual Tennis Meet, All Classes
48		29	Memorial Day
		30	Girls State Team Tennis Meet, All Classes
	<b>May/June</b>	30,1,3	Boys State Soccer Tournament, All Classes

		31	Boys State Team Tennis Meet, All Classes
	<b>May/June</b>	31,2,3	Girls State Soccer Tournament, All Classes
49	<b>June</b>	6	State Co-Ed Golf Meet
		6	State Co-Ed Tennis Meet
52		29	Boys District Baseball Tournament,1A
		30	Girls Regional Softball Tournament, 1A,2A
	<b>July</b>	1	Boys District Baseball Tournament,1A,2A
1		5	Boys District Baseball Tournament, 1A,2A
		5	Girls Regional Softball Tournament, 1A,2A,3A
		6	Girls Regional Softball Tournament, 4A,5A
		7	Girls Regional Softball Tournament, 1A,2A,3A
		7	Boys District Baseball Tournament, 3A
		7	Boys Substate Baseball Tournament, 4A
		8	Boys District Baseball Tournament, 1A,2A
		8	Girls Regional Softball Tournament, 4A,5A
2		10	Boys Substate Baseball Tournament, 4A
		10	Boys District Baseball Tournament, 3A
		10	Girls Regional Softball Tournament, 1A,2A,3A
		11	Boys Substate Baseball Tournament, 1A,2A
		11	Girls Regional Softball Tournament,4A,5A
		12	Boys Substate Baseball Tournament, 3A,4A
3		17-21	Boys State Baseball Tournament, All Classes
3		17-21	Girls State Softball Tournament, All Classes
4/5		23-30	Unified Iowa High School Activities Federation Non-Contact Period