Week	Dates	Air Riflery	G Volleyball	Bowling	Cross Country	Football	Cheerleading	G Soccer	Canoe Paddling	B Soccer	Swim & Diving	G Basketball	Wrestling	B Basketball	G Golf	Tennis	G Water Polo	Baseball	Judo	B Golf	Softball	B Volleyball	Track & Field
1	7/5 - 7/11																						
2	7/12 - 7/18																						
3	7/19 - 7/25																						
4	7/26 - 8/1																						
5	8/2 - 8/8																						
6	8/9 - 8/15																						
7	8/16 - 8/22																						
8	8/23 - 8/29																						
9	8/30 - 9/5																						
10	9/6 - 9/12																						
11	9/13 - 9/19																						
12	9/20 - 9/26																						
13	9/27 - 10/3																						
14	10/4 - 10/10																						
15	10/11 - 10/17																						
16	10/18 - 10/24																						
17	10/25 - 10/31	ST	ST	ST	ST																		
18	11/1 - 11/7																						
19	11/8 - 11/14																						
20	11/15 - 11/21					ST																	
21	11/22 - 11/28					ST																	
22	11/29 - 12/5					ST																	
23	12/6 - 12/12						ST																
24	12/13 - 12/19																						
25	12/20 - 12/26																						
26	12/27 - 1/2																						
27	1/3 - 1/9																						
28	1/10 - 1/16																						
29	1/17 - 1/23																						
30	1/24 - 1/30																						
31	1/31 - 2/6							ST	ST														
32	2/7 - 2/13									ST	ST												
33	2/14 - 2/20											ST											
34	2/21 - 2/27												ST										
35	2/28 - 3/6													ST									
36	3/7 - 3/13																						
37	3/14 - 3/20																						
38	3/21 - 3/27																						
39	3/28 - 4/3																						
40	4/4 - 4/10																						
41	4/11 - 4/17																						
42	4/18 - 4/24																						
43	4/25 - 5/1																						
44	5/2 - 5/8														ST	ST	ST	ST	ST				
45	5/9 - 5/15																			ST	ST	ST	ST
46	5/16 - 5/22																						
47	5/23 - 5/29																						
48	5/30 - 6/5																						
49	6/6 - 6/12														HIADA			HIADA			HIADA		
50	6/13 - 6/19																						
51	6/20 - 6/26																						
52	6/27 - 7/3																						

= Season

=Off Season, Restricted

=Summer unrestricted

=Off Season, restrictions determined by each league

Revised 05/28/2009