



SOCCER/BOCCE

Unified & Traditional Bocce & Soccer

Starting Date:	July 22, 2019
8-Week Training Period:	July 22 - September 13
Training School Target Dates:	July 6 – August 4
Area Tournaments:	August 5 – August 11
District Tournaments:	August 19- August 25
Entry Deadline:	August 28
State Tournament: GRAND FORKS	September 14-15, 2019

BOWLING *

Starting Date:	September 9
8-Week Training Period:	September 9 – November 1
Training School Target Dates:	August 26 – September 22
Area Tournaments:	September 21 – October 13
Entry Deadline:	October 23
State Tournament: MANDAN	November 9-10, 2019

**Fifteen games must be bowled for an athlete to qualify for the State Bowling Tournament.*

WINTER GAMES

Alpine Skiing, Cross Country Skiing, Figure Skating, Speed Skating, Snow Shoe

Starting Date:	November 25, 2019
8 Week Training Period:	November 25 - January 16
Training School Target Dates:	November 9 – December 10
Area Games	December 14 – January 5
Entry Deadline:	January 8
State Games: BOTTINEAU	January 17-18, 2020

BASKETBALL

Starting Date:	January 6, 2020
8- Week Training Period	January 6 – February 28
Training School Target Dates	December 1 – January 6
Area Tournaments	January 20- February 2
District Tournaments	January 25 – February 9
Entry Deadline	February 12
State Tournament: MINOT	February 28-29, 2020

SUMMER GAMES

Swimming, Bocce, Gymnastics, Powerlifting, Track & Field, Unified Volleyball

Starting Date:	March 23, 2020
10 – Week Training Period	March 23 – May 29
Training School Target Dates	March 7– April 5
Area Games	April 4 – April 19
District Games	April 25 – May 10
Entry Deadline	May 18
State Tournament: FARGO	June 4-6, 2020