



SOCCER/BOCCE

Unified & Traditional Bocce & Soccer

Starting Date:	July 21, 2025
8- 10 Week Training Period:	July 21 - September 12
Area Tournaments:	August 16 - 23
Regional Tournaments: Fargo/Bismarck	August 23 - 29
State Tournament: GRAND FORKS	September 13-14, 2025

**Bocce doubles (unified & traditional) at Regionals. No singles or teams.*

BOWLING* (No Handicap)

Starting Date:	September 8, 2025
8-10 Week Training Period:	September 8 – November 1
Area Tournaments:	October 11 – 19
State Tournament: MANDAN & FARGO	November 2, 2025

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

BASKETBALL

Starting Date:	
8-10 Week Training Period	October 13 or October 20
Area Tournaments	TBD
Regional Tournaments: Jamestown/Dickinson	TBD
State Tournament: MINOT	December 6&7 or December 13&14

WINTER GAMES

Cross Country Skiing, Snowshoe, Unified Volleyball, Cornhole

Starting Date:	January 5, 2026
8-10 Week Training Period:	January 5 – February 27
Area Games	January 26 – February 6
Regional Tournament: Grand Forks/Mandan	February 7-15
State Games: VALLEY CITY	February 28-March 1, 2026

SUMMER GAMES

Swimming, Track & Field, Powerlifting

Starting Date:	March 23, 2026
8 -10 Week Training Period	March 23 – May 15
Area Games	April 18 – 24
Regional Tournament: Valley City/Minot	April 25 – May 3
State Tournament: FARGO	May 16-17, 2026

**Specific dates for entry deadlines and tournaments subject to change depending on State tournament dates*