



OAKLAND SECTION 2025-26 SPORTS CALENDARS

2025-26 FALL SPORTS CALENDAR									5/1/2025	
SPORT	FIRST PRACTICE	FIRST CONTEST	SOP DATE	FIRST OAL CONTEST	LAST LEAGUE CONTEST	LAST ALLOWABLE CONTEST	# OF CONTESTS	CIF-OAK PLAYOFFS/ PRELIMINARIES	CIF-OAK CHAMPIONSHIP	CIF STATE CHAMPIONSHIPS
FALL SPORTS										
CROSS COUNTRY (BOYS/GIRLS)	N/A	August 21	September 23	September 11	November 8	November 8	14	November 13	November 20	November 29, 2025
GOLF - GIRLS	August 1	August 21	September 23	September 11	October 9	October 12	24	N/A	October 30	November 10, 2025
FLAG FOOTBALL - GIRLS	July 29	August 28	October 2	September 11	November 13	November 14	28	11/16	11/22/24	NO CIF STATE CHAMPIONSHIP
FOOTBALL	July 29	August 23	September 28	October 11	November 8	November 9	10	November 15	November 23	December 12 – 13, 2025
TENNIS - GIRLS	August 1	August 21	September 23	September 25	October 29	October 29	24	SINGLES - OCT 31 DOUBLES - NOV 4	SINGLES - NOV 1 DOUBLES - NOV 5	November 18, 21 – 22, 2025
VOLLEYBALL - GIRLS	July 30	August 10	September 10	September 17	October 17	October 17	28	October 19	OAL - 10/24 SECTION - 11/2	Nov. 11, 12, 13, 15, 18, 2025
2025-26 WINTER SPORTS CALENDAR									5/1/2025	
SPORT	FIRST PRACTICE	FIRST CONTEST	SOP DATE	FIRST OAL CONTEST	LAST LEAGUE CONTEST	LAST ALLOWABLE CONTEST	# OF CONTESTS	CIF-OAK PLAYOFFS/ PRELIMINARIES	CIF-OAK CHAMPIONSHIP	CIF STATE CHAMPIONSHIPS
WINTER SPORTS										
BOWLING	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	TBD	NO CIF STATE CHAMPIONSHIP
BASKETBALL - BOYS	November 1	November 18	December 27	January 8	February 12	February 12	28	2/19, 2/22	February 26	March 3, 4, 5, 7, 10, 2026
BASKETBALL - GIRLS	November 1	November 18	December 27	January 8	February 12	February 12	28	2/19, 2/22	February 26	March 3, 4, 5, 7, 10, 2026
CHEERLEADING/TRADITIONAL COMPETITIVE	August 1	September 3	November 15	OCT. 19TH & DEC 14TH	N/A	N/A	N/A	January 18	January 18	January 31, 2026
SOCCER - BOYS	November 1	November 12	December 23	January 8	2/18	February 20	28	Feb 6-12	February 15	MARCH 3, 5, 7, 2026

SOCCER - GIRLS	November 1	November 12	December 23	January 8	2/18	February 20	28	Feb 6-12	February 15	MARCH 3, 5, 7, 2026
WRESTLING (BOYS/GIRLS)	November 1	November 12	December 18	January 8	February 5	February 7	40	N/A	February 8	February 26 – 28, 2026



2025-26 SPRING SPORTS CALENDAR									5/1/2025	
SPORT	FIRST PRACTICE	FIRST CONTEST	SOP DATE	FIRST OAL CONTEST	LAST LEAGUE CONTEST	LAST ALLOWABLE CONTEST	# OF CONTESTS	CIF-OAK PLAYOFFS/ PRELIMINARIES	CIF-OAK CHAMPIONSHIP	CIF STATE CHAMPIONSHIPS
SPRING SPORTS										
BADMINTON	February 1	February 22	March 31	April 9	May 2	May 3	24	N/A	SINGLES - MAY 9 DOUBLES - MAY 10	5/23/26
BASEBALL	February 1	February 8	March 19	March 21	April 25	April 29	28	APRIL 30 - MAY 2	May 14	June 2, 4, 6, 2026
GOLF - BOYS	February 1	February 22	March 31	March 19	April 23	April 25	24	N/A	May 7	May 26, 2026
LACROSSE - BOYS & GIRLS	February 1	February 8	March 19	March 19	May 10	May 10	20	N/A	May 15	N/A
SOFTBALL	February 1	February 8	March 19	March 19	April 25	April 26	28	May 5-10	May 14	June 2, 4, 6, 2026
SWIMMING - BOYS/GIRLS	February 1	February 15	March 24	March 26	April 17	April 24	14	N/A	May 2	May 14 – 16, 2026
TENNIS - BOYS	February 1	February 10	March 24	April 9	May 2	May 3	24	N/A	SINGLES - May 6 DOUBLES - May 8	May 22 2026
TRACK & FIELD - BOYS/GIRLS	February 1	February 17	March 24	March 26	May 2	May 3	14	May 15	May 16	May 29 – 30, 2026
VOLLEYBALL - BOYS	February 1	February 17	March 19	March 26	April 30	April 30	28	May 1-3	May 7	May 19, 21, 23, 2026
OAL/USD GRADE CHECKS										
Monday, October 6, 2025		Monday, November 17, 2025		Monday, January 12, 2026		Monday, March 2, 2026		Monday, April 20, 2026		

OAL Championship	Saturday, November 23, 2024		NorCal Championship	Tuesday, November 12, 2024
CIF NorCal	December 6-7, 2024		CIF State Championship	Wednesday, November 20, 2024
CIF State	December 13-14, 2024			
Tennis -Girls			Girls Volleyball	
Sit out Period	Monday, September 23, 2024		Sit out Period	Tuesday, September 10, 2024
1st Day of practice	Thursday, August 1, 2024		1st Day of practice	Tuesday, July 30, 2024
Pre-Season Meeting	Monday, September 23, 2024		Pre-Season Meeting	Thursday, September 12, 2024
1st Allowable Contest	Wednesday, August 21, 2024		1st Allowable Contest	Saturday, August 10, 2024
1st OAL Contest	Wednesday, September 25, 2024		1st OAL Contest	Tuesday, September 17, 2024
Post Season Meeting	Tuesday, October 29, 2024		Post Season Meeting	Wednesday, October 16, 2024
Singles Playoffs	Thursday, October 31, 2024		OAL Playoffs Begin	Saturday, October 19, 2024
Singles Championship	Friday, November 1, 2024		OAL Championship	Thursday, October 24, 2024
Doubles Playoffs	Monday, November 4, 2024		Section Playoffs	Tuesday, November 5, 2024
Doubles Championship	Tuesday, November 5, 2024		Section Championship	Thursday, November 7, 2024
CIF NorCal	November 19, 22-23, 2023			
CIF State	Saturday, November 30, 2024		CIF NorCal	November 12, 13, 14, 15, 16, 19, 2024
			CIF State Championship	November 22-23, 2024 - Santiago College
Girls Flag Football				
Sit out Period	Saturday, September 28, 2024			
1st Day of practice	Monday, July 29, 2024			
Pre-Season Meeting	September 9, 2024			
1st Allowable Contest	Wednesday, August 21, 2024			
1st OAL Contest	Wednesday, September 11, 2024			
Post Season Meeting	Monday, November 11, 2024			