

Oakland Athletic League - Winter 2019-2020 Schedule

DEAD PERIOD: No member of the coaching staff (paid or volunteer) may have any contact with his/her athletes and use the sports equipment for their given sport. Weight training and conditioning are the only activities that will be allowed during these time periods. Coaches may be present during weight training and conditioning.

SIT OUT PERIOD: The Sit-Out Period will be 50% of the total number days in that particular season of sport. The student who transfers to a school after School B's first contest will have an SOP equivalent in calendar days to the SOP of all other students who transferred before the season started.

GRADE CHECKS: Students can only become eligible or ineligible on the grade check dates listed below. Any grade changes made after the grade check date will NOT count towards athletic eligibility.

Winter Grade Checks (OUSD Schools)			Basketball	
			Dead Period	October 26th - November 3rd
End of Marking Period	Friday, November 1, 2019		Sit out Period	Saturday, December 28, 2019
Grade Check	Tuesday, November 12, 2019		1st Day of practice	Monday, November 4, 2019
End of Semester 1	Friday, December 20, 2019		Pre-Season Meeting	
Grade Check	Monday, January 13, 2020		1st Allowable Contest	Friday, November 15, 2019
End of Marking Period	Friday, February 21, 2020		1st OAL Contest	Friday, January 10, 2020
Grade Check	Monday, March 2, 2020		Post Season Meeting	Monday, November 4, 2019
			OAL Playoffs Begin	N/A
SAT	Saturday, December 7, 2019		OAL Championship	League Record
			Section Playoffs Begin	Friday, February 21, 2020
			Section Championship	Saturday, February 29, 2020
			CIF NorCal	Tuesday, March 3, 2020
Soccer			Wrestling	
Dead Period	October 26th - November 3rd		Dead Period	October 26th - November 3rd
Sit out Period	Saturday, December 28, 2019		Sit out Period	
1st Day of practice	Monday, November 4, 2019		1st Day of practice	Monday, November 4, 2019
Pre-Season Meeting			Pre-Season Meeting	
1st Allowable Contest	Friday, November 15, 2019		1st Allowable Contest	Friday, November 15, 2019
1st OAL Contest			1st OAL Contest	
Post Season Meeting	Tuesday, November 5, 2019		Post Season Meeting	
OAL Playoffs Begin			Section Championship	
OAL Championship			CIF NorCal	Wednesday, February 27, 2019
Section Playoffs Begin				
Section Championship	Friday, February 28, 2020			
CIF NorCal	Tuesday, March 3, 2020			
Winter				
Dead Period	October 26th - November 3rd			
1st Day of practice	Monday, November 4, 2019			
1st Allowable Contest	Friday, November 15, 2019			