| **Tournament Dates/ Host/ Location** |
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| **Dates** | **Season** | **Location** | **Tournament Date** |
| Aug 24-Sep 27 | Cross Country | MIT/Thornton Park | September 28, 2022 |
| Aug 29-Oct 7 | Girls Volleyball | Segerstrom | October 8, 2022 |
| Aug 29-Oct 7 | Flag Football | Valley | October 8, 2022 |
| Oct 17-Dec 2 | Girls Basketball | Century | December 3, 2022 |
| Oct 17-Dec 2 | Boys Soccer | Valley | December 3, 2022 |
| Dec 12-Feb 3 | Hockey  | Valley | February 4, 2023 |
| Dec 12-Feb 3 | Boys Volleyball | Segerstrom | February 4, 2023 |
| Feb 14-March 24 | Boys Basketball | Segerstrom | March 25, 2023 |
| Feb 14-March 24 | Girls Soccer | Valley | March 25, 2023 |
| April 10-May 19 | Track and Field | Valley/SHS TBD | May 20, 2023 |
| **May 24th** | Elks Awards | SAHS  | NA |
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