

ESAL Sports League Seasons 2025-2026

Softball & Cross Country		
1	Start Aug 18	XC & Softball
2	Week of Aug. 25	XC & Softball
3	Week of Sept. 1	XC & Softball
4	Week of Sept. 8	XC & Softball
5	Week of Sept 15	XC & Softball
6	Week of Sept 22	XC & Softball
7	Week of Sept 29	XC & Softball
8	Week of Oct. 6	XC & Softball
9	Week of Oct. 13	Playoff Week

Wrestling & Girls Basketball		
1	Start Oct. 6	Wrestling & 7/8 Girls Basketball
2	Week of Oct. 13	Wrestling & 7/8 Girls Basketball
3	Week of Oct. 20	Wrestling & 7/8 Girls Basketball
4	Week of Oct. 27	Wrestling & 7/8 Girls Basketball
5	Week of Nov.3	Wrestling & 7/8 Girls Basketball
6	Week of Nov. 10	Wrestling & 7/8 Girls Basketball
7	Week of Nov. 17	Wrestling & 7/8 Girls Basketball
	Week of Nov. 24	THANKSGIVING
8	Week of Dec. 1	Wrestling & 7/8 Girls Basketball
9	Week of Dec. 8	Playoff Week

Boys Basketball		
1	Start Nov. 17	Boys Basketball
	Week of Nov. 24	THANKSGIVING
2	Week of Dec. 1	Boys Basketball
3	Week of Dec. 8	Boys Basketball
4	Week of Dec. 15	Boys Basketball
5	Week of Jan. 5	Boys Basketball
6	Week of Jan. 12	Boys Basketball
7	Week of Jan. 19	Boys Basketball
8	Week of Jan. 26	Boys Basketball
9	Week of Feb. 2	Playoff Week

Soccer & Volleyball		
1	Start Jan. 26	Soc. & VB
2	Week of Feb. 2	Soc. & VB
3	Week of Feb. 9	Soc. & VB
	Week of Feb. 16	WINTER BREAK
4	Week of Feb. 23	Soc. & VB
5	Week of March 2	Soc. & VB
6	Week of March 9	Soc. & VB
7	Week of March 16	Soc. & VB
8	Week of March 23	Soc. & VB
9	Week of March 30	Playoff Week

Track & Field		
1	Start March 23	Track
2	Week of March 30	Track
3	Week of April 6	Track (some schools on SB)
4	Week of April 13	Track (some schools on SB)
5	Week of April 20	Track (some schools on SB)
6	Week of April 27	Track
7	Week of May 4	Track
8	Week of May 11	Track
9	Week of May 18	Track (Division Finals week)
10	Week of May 25	Track (Section Finals week)

* Season is 9 weeks as we have varying spring breaks