



2026 SPRING SPORTS BULLETINS

**BASEBALL, GOLF, LACROSSE, SOFTBALL,
TENNIS, TRACK AND FIELD, ULTIMATE FRISBEE**

**DISTRICT OF COLUMBIA STATE ATHLETIC ASSOCIATION
KENNY OWENS, EXECUTIVE DIRECTOR
1050 FIRST STREET NE, 6th FLOOR
WASHINGTON, DC 20002**

DCSAA 2025-26 STATE CHAMPIONSHIP SCHEDULE

Saturday, November 1: MS/HS Cross Country Championship at Kenilworth Park

Friday, November 7: MS/HS Volleyball Championship at E.B. Henderson Sports Complex, UDC

Sunday, November 9: Soccer Championship at Carlini Field, Catholic University
(tournament begins Monday, November 3)

Saturday, November 29: Class A Football Championship at Cooper Field, Georgetown University

Saturday, December 6: Class AA Football Championship at Greene Stadium, Howard University

Saturday, January 10: Girls Wrestling Invitational, Jackson-Reed HS

Tuesday, February 10: Indoor Track and Field Championship at PG Sports and Learning Center

Wednesday, February 11: Swimming Championship at Takoma Aquatic Center
(Note: Diving on Tuesday, Feb. 10)

Saturday, February 14: Wrestling Championship at Jackson-Reed HS

Sunday, March 1: MS/HS Basketball Championships (tournament begins Monday, February 23)

Saturday, March 21: Cheerleading Championship

Saturday, April 25: Ultimate Frisbee Championship

Thursday, May 7: Golf Championship at Langston Golf Course

Saturday, May 9: Chess Championship

Thursday, May 14: Tennis Championships at Southeast Learning and Tennis Center
(tournament begins Monday, May 11)

Sunday, May 17: Baseball Championship (tournament begins Monday, May 11)

Sunday, May 17: Softball Championship (tournament begins Monday, May 11)

Sunday, May 17: Girls Lacrosse Championship

Wednesday-Thursday, May 20-21: Outdoor Track and Field Championship at Dunbar HS

Tuesday, May 26: Flag Football Championship

IMPORTANT SPRING 2026 DATES

Monday, February 23: Initial rosters due in DragonFly Max

Monday, March 16: Supplemental rosters due in DragonFly Max

Monday, March 23: Waiver application deadline

GENERAL INFORMATION

- I. NFHS rules will apply to the regular season, postseason and DCSAA championships, unless otherwise noted.
- II. Schools choosing to enter the DCSAA Championship events are responsible for reading and adhering to the rules and regulations of the Bulletin and the DCSAA Handbook.
- III. Eligibility rules for all participants can be found in the new 5A DCMR, Chapter 27 at dcsaasports.org.
- IV. DCSAA member schools are permitted to play only opponents that are members of the DCSAA or another state association or who have been designated as approved non-members by a state association.
- V. In order to be eligible to participate in team state championships, teams must submit their results weekly via MaxPreps.
- VI. Certified athletic trainers will be provided at all state championship events.
- VII. Any coaches or players who are ejected from a contest will have to meet with DCSAA before being reinstated to compete.

Note: Teams are responsible for their own transportation to all DCSAA championship events.





TRACK AND FIELD

I. GENERAL INFORMATION

- A. NFHS Track & Field rules will apply to the DCSAA Championship unless otherwise noted. (Uniform guidelines will be enforced.)
- B. Schools choosing to enter the DCSAA Track & Field State Championship have the responsibility for reading and adhering to the rules and regulations of this bulletin.
- C. Eligibility rules for all participants can be found in DCMR Title 5; Chapter 27 on the DCSAA website (dcsaasports.org).

NOTE: As a reminder, teams are responsible for their own transportation to all DCSAA state championship events.

II. STATE MEET

A. Meet Organization

- 1. Entry Deadline – FRIDAY, May 15 at 11:59 pm, NO EXCEPTIONS.**
2. Team and individual contestants must be accompanied to the meet by the coach or a designated representative.
3. Teams will be admitted into the stadium through the team entrance.
 - a. Teams are not permitted in the stadium before 1:30 pm.
 - b. Field and track events will begin daily at 2:30 pm.
4. The following online method for entry must be used:
 - a. Log onto milesplit, the site hosting the online registration. Create a log in. Generate a team roster to register for events.
5. An athlete may participate in a maximum of four events.
6. Starting blocks WILL BE PERMITTED. Teams must bring their own blocks.
7. Each school may submit three entries per individual event (regardless if more than three athletes meet the qualifying standard) and one team in each relay event.
8. Girls will precede boys in the final of all running events.
9. Slower sections will precede the fast sections.
10. Field events: High Jump; Shot put; Long Jump; Triple Jump and Discus.
 - a. Only shots and discus approved by the appropriate official shall be used in the competition.
11. Participants in the discus, shot put, long jump and triple jump will receive four attempts – this will be a final.
12. Videotape or other electronic recording of appeals will not be accepted



B. Playing Rules

1. All rules not modified here shall be in accordance with current NFHS rules.
 - a. Any team member listed on the entry form may participate in any of the school's relay team events providing the maximum participation rule is not violated and that they are on the entry roster.
 - b. Any competitor who exceeds the maximum participation rule forfeits further participation in any and all the events in the state Track & Field Meet.
 - c. Should a competitor exceed the maximum participation rule while competing in a relay team, the entire relay team is excluded from the State Meet. The entire team will be disqualified from the event and all points scored by individuals that exceeded the maximum participation rule will be deleted from their teams' total.
 - d. Teams checking in at bullpen for respective relay races must present relay cards with participant's names listed. All relay team members must check in at the same time.
 - e. In relay events no more than (6) individuals may be entered for each relay team.
2. Only shoes with 1/4" pyramid spikes or less are permitted. Shoes with hard plastic spike plates may not be worn without spike inserted.
3. Only one piece of tape or mark will be permitted for relays.
4. Order of track events – Field and running events begin daily at 2 pm.
5. Qualifying times/marks will be utilized for this meet; these standards will be shared with athletic directors by Monday, May 12.

DAY ONE EVENTS -- Wednesday, May 20

Running events: 4x800 relay (final on time), 100 dash semi (top 8 advance on time), 100 (girls)/110 (boys) hurdles semi (top 8 advance on time), 200 dash semi (top 8 advance on time), 3200 run (final on time), 4x200 relay (final on time).

Field events: girls shotput, girls/boys long jump, boys discus, girls high jump

DAY TWO EVENTS -- Thursday, May 21

Running events: 100 (girls)/110 (boys) hurdles dash finals, 100 dash finals, 1600 run (final on time), 400 dash (final on time), 300 hurdles (final on time), 200 dash finals, 800 run (final on time), 4x100 relay (final on time), 4x400 relay (final on time)

Field events: boys shotput, girls/boys triple jump, girls discus, boys high jump

C. Schedule

1. Girls will precede boys in all final running events unless noted otherwise.
2. A competitor must notify the official when leaving one event after being called for competition in another event.
3. Eight places will be scored.

D. General Rules

1. Team awards will be given to the top two teams.
2. The meet will be scored for the top-eight in each event and awards will be given to the top eight finishers in each event.
3. The track and infield are restricted areas and open only to meet officials and competitors in uniform. Coaching box will be available for field events only.
 - a. Penalty for coaches in violation; disqualification of their athlete(s) from the contested event.
 - b. Violators will be asked to leave the facility.
4. Please provide honest performance time/mark for all entries.
5. Reminder: in relay events, no more than six individuals may be entered in each relay.

QUALIFYING STANDARDS

Event	Boys	Girls
100m	11.59	13.99
200m	24.99	28.99
400m	53.99	1:05.99
800m	2:12.99	2:50.99
1600m	4:54.99	5:59.99
3200m	10:59.99	12:59.99
100m hurdles		19.99
110m hurdles	18.99	
300m hurdles	46.99	54.99
High jump	5-6	4-4
Long jump	19-0	14-6
Triple jump	38-0	29-0
Shot Put	37-0	26-0
Discus	95-0	68-0

