

PSAL Spring Session Timeline

PSAL Timeline (April – June)				
Session	Sports	Phase I: Conditioning Window	Phase II: Practice Window	Phase III: Competition Window (if applicable)
I	Bowling Fencing Golf Table Tennis Double Dutch Handball	1 – 2 weeks April 5 – April 18	1 – 2 weeks April 12 – April 25	Starts April 17
II	Badminton Baseball Cricket Flag Football Gymnastics Soccer Softball Tennis Track and Field	2 weeks April 5 – April 18	2 weeks April 19 – April 30	Starts May 1
III	Basketball* Football Lacrosse Rugby Stunt Swimming+ Volleyball* Wrestling*	3 weeks April 5 – April 25	3 Weeks April 26 – May 14	Starts May 15

*High-Risk sports must be played competitively outdoors. PSAL is actively coordinating with Parks Department for appropriate outdoor space.
+Per DOHMH guidance, swimming will be eligible for dryland training only.