

| | ENTITY | DATE | SPORT | EVENT |
|------------------|-------------|-------------------------|------------------|--------------------------|
| J U L Y | Middle | Tuesday, July 1, 2025 | Application | Fall Coaches Application |
| | High School | Monday, July 28, 2025 | Football | 1st Day of Practice |
| | High School | Thursday, July 31, 2025 | Girls Volleyball | 1st Day of Practice |

AUGUST

| | | | |
|-------------|----------------------------|------------------|--|
| High School | Monday, August 4, 2025 | Flag Football | 1st Day of practice |
| High School | Tuesday, August 5, 2025 | Football | Pre-Season Meeting |
| Middle | Tuesday, August 5, 2025 | Workshop | OAL Middle School Athletic Directors Workshop |
| High School | Saturday, August 9, 2025 | Flag Football | 1st Allowable Contest |
| Middle | Monday, August 11, 2025 | Event | - Start OAL Fall Sports Promotion |
| High School | Tuesday, August 12, 2025 | Cross Country | 1st Day of Practice |
| High School | Tuesday, August 12, 2025 | Girls Tennis | 1st Day of Practice |
| High School | Monday, August 18, 2025 | Cross Country | 1st Allowable Contest |
| High School | Monday, August 18, 2025 | Girls Tennis | 1st Allowable Contest |
| High School | Monday, August 18, 2025 | Girls Volleyball | 1st Allowable Contest |
| High School | Tuesday, August 19, 2025 | Girls Golf | 1st Day of Practice |
| High School | Friday, August 22, 2025 | Football | 1st Allowable Contest |
| High School | Friday, August 22, 2025 | Football | 4X4 SCRIMMAGE/JAMBOREE - FREMONT HS |
| High School | Friday, August 22, 2025 | Football | Oakland HS @ Boron HS |
| Middle | Friday, August 22, 2025 | Event | Fall Coaches Rosters & Sports Commitment Sheet |
| High School | Saturday, August 23, 2025 | Testing | SAT |
| High School | Monday, August 25, 2025 | Girls Golf | 1st Allowable Contest |
| CIF | Tuesday, August 26, 2025 | CIF Meeting | Commissioners Committee |
| CIF | Wednesday, August 27, 2025 | CIF Meeting | Commissioners Committee |
| High School | Wednesday, August 27, 2025 | Cross Country | Optional Season Kick Off Meet |
| High School | Friday, August 29, 2025 | Football | Miramonte HS @ Oakland Tech |
| High School | Friday, August 29, 2025 | Football | Pinole Valley HS @ Skyline |
| High School | Saturday, August 30, 2025 | Football | McClymonds HS @ Riordan |
| Middle | Saturday, August 30, 2025 | Conditioning | Championship Conditioning (Fall Sports) |

| | | | | |
|--|-------------|-------------------------------|---------------------|--|
| | High School | Wednesday, September 3, 2025 | Cross Country | Regional Meet #1 |
| | High School | Friday, September 5, 2025 | Football | Lincoln HS (SF, CA) @ Fremont |
| | High School | Friday, September 5, 2025 | Football | St. Francis HS (MV) @ McClymonds |
| | High School | Friday, September 5, 2025 | Football | Oakland Tech HS @ Enterprise HS (Redding, CA) |
| | High School | Friday, September 5, 2025 | Football | Oakland HS @ Ripon HS (Ripon, CA) |
| | High School | Friday, September 5, 2025 | Football | Castlemont HS @ Dorsey HS (Los Angeles, CA) |
| | High School | Saturday, September 6, 2025 | Football | Skyline HS @ Washington HS (SF, CA) |
| | Middle | Saturday, September 6, 2025 | Meeting | OAL Middle School Coaches Meeting |
| | High School | Monday, September 8, 2025 | Cross Country | Pre-Season Meeting |
| | High School | Monday, September 8, 2025 | Girls Golf | Pre-Season Meeting |
| | High School | September 8, 2025 | Flag Football | Pre-Season Meeting |
| | High School | Wednesday, September 10, 2025 | Cross Country | 1st OAL Contest |
| | High School | Wednesday, September 10, 2025 | Girls Golf | 1st OAL Contest |
| | High School | Wednesday, September 10, 2025 | Flag Football | 1st OAL Contest |
| | High School | Thursday, September 11, 2025 | Girls Volleyball | Pre-Season Meeting |
| | High School | Friday, September 12, 2025 | Football | Fremont HS @ The Kings Academy (Sunnyvale, CA) |
| | High School | Friday, September 12, 2025 | Football | Oakland HS @ Tennyson HS (Hayward, CA) |
| | High School | Friday, September 12, 2025 | Football | Santa Cruz HS (Santa Cruz, CA) @ CASTLEMONT HS |
| | High School | Saturday, September 13, 2025 | Girls Volleyball | Sit Out Period |
| | High School | Saturday, September 13, 2025 | Testing | SAT |
| | Middle | Saturday, September 13, 2025 | Training | CTS Internship Training |
| | CIF | Sunday, September 14, 2025 | National Federation | Section 7 & 8 |
| | CIF | Monday, September 15, 2025 | National Federation | Section 7 & 8 |
| | CIF | Tuesday, September 16, 2025 | National Federation | Section 7 & 8 |
| | High School | Tuesday, September 16, 2025 | Girls Volleyball | 1st OAL Contest |
| | High School | Wednesday, September 17, 2025 | Cross Country | Regional Meet #2 |
| | Middle | Wednesday, September 17, 2025 | Rosters | Last Day to submit rosters |
| | High School | Wednesday, September 17, 2025 | Flag Football | OAL Game #1 |

SEPTEMBER

| | | | |
|-------------|-------------------------------|------------------|--|
| High School | Thursday, September 18, 2025 | Girls Volleyball | OAL Week #1 |
| Middle | Thursday, September 18, 2025 | Meeting | Site Coordinators Meeting |
| High School | Thursday, September 18, 2025 | Flag Football | Sit out Period |
| High School | Friday, September 19, 2025 | Football | Santa Rosa HS (Santa Rosa, CA) @ FREMONT HS |
| High School | Friday, September 19, 2025 | Football | Oakland Tech HS @ El Cerrito HS |
| High School | Friday, September 19, 2025 | Football | St. Mary's HS (Albany, CA) @ CASTLEMONT HS |
| High School | Friday, September 19, 2025 | Football | Del Norte HS @ SKYLINE HS |
| High School | Friday, September 19, 2025 | Flag Football | OAL Game #2 |
| High School | Saturday, September 20, 2025 | Football | McClymonds HS @ Santa Cruz HS (Santa Cruz HS) |
| Middle | Saturday, September 20, 2025 | Event | OAL Middle School Media Day |
| Middle | Saturday, September 20, 2025 | Season | OAL Middle School Fall Regular Season Starts |
| High School | Monday, September 22, 2025 | Girls Tennis | Pre-Season Meeting |
| High School | Tuesday, September 23, 2025 | Girls Tennis | Sit Out Period |
| High School | Tuesday, September 23, 2025 | Girls Volleyball | OAL Week #2 |
| High School | Wednesday, September 24, 2025 | Girls Golf | Sit Out Period |
| High School | Wednesday, September 24, 2025 | Girls Tennis | 1st OAL Contest |
| High School | Wednesday, September 24, 2025 | Flag Football | OAL Game #3 |
| High School | Thursday, September 25, 2025 | Girls Volleyball | OAL Week #3 |
| High School | Friday, September 26, 2025 | Football | Fremont HS @ DeAnza HS (El Sobrante, CA) |
| High School | Friday, September 26, 2025 | Football | McClymonds HS @ California HS (San Ramon, CA) |
| High School | Friday, September 26, 2025 | Football | Salesian HS (Richmond, CA) @ OAKLAND TECH HS |
| High School | Friday, September 26, 2025 | Football | Oakland HS @ Arcata HS (Arcata, CA) |
| High School | Saturday, September 27, 2025 | Cross Country | Sit Out Period |
| High School | Saturday, September 27, 2025 | Football | Castlemont HS @ Balboa HS (SF, CA) |
| High School | Saturday, September 27, 2025 | Football | Skyline HS @ Irvington HS |
| Middle | Saturday, September 27, 2025 | Camp | OAL MS / HS Cheer Camp |
| High School | Tuesday, September 30, 2025 | Football | Sit Out Period |
| High School | Tuesday, September 30, 2025 | Girls Volleyball | OAL Week #4 |

OCTOBER

| | | | |
|-------------|----------------------------|------------------|--|
| High School | Wednesday, October 1, 2025 | Cross Country | Regional Meet #3 |
| Middle | Wednesday, October 1, 2025 | Application | Winter Coaches Application |
| OUSD | Wednesday, October 1, 2025 | Policy Committee | Policy Committee Meeting |
| High School | Wednesday, October 1, 2025 | Flag Football | OAL Game #4 |
| High School | Thursday, October 2, 2025 | Girls Volleyball | OAL Week #5 |
| High School | Friday, October 3, 2025 | Football | McClymonds HS @ Mt. Diablo HS (Concord, CA) |
| High School | Friday, October 3, 2025 | Football | Oakland Tech HS @ Pinole Valley HS (Pinole, CA) |
| High School | Friday, October 3, 2025 | Football | Dougherty Valley HS (San Ramon, CA) @ OAKLAND HIGH |
| Middle | Friday, October 3, 2025 | Grade Check | Grade Check - Student Eligibility |
| High School | Friday, October 3, 2025 | Flag Football | OAL Game #5 |
| High School | Saturday, October 4, 2025 | Football | Fremont HS @ Irvington HS (Fremont, CA) |
| High School | Saturday, October 4, 2025 | Testing | SAT |
| High School | Monday, October 6, 2025 | Grade Checks | OAL/OUSD Grade Checks |
| High School | Tuesday, October 7, 2025 | Girls Volleyball | OAL Week #6 |
| High School | Wednesday, October 8, 2025 | Flag Football | OAL Game #6 |
| High School | Thursday, October 9, 2025 | Girls Volleyball | OAL Week #7 |
| CIF | Friday, October 10, 2025 | CIF Meeting | State Federated Council |
| High School | Friday, October 10, 2025 | Football | 1st OAL Contest |
| High School | Saturday, October 11, 2025 | Football | OAL Week #1 |

OCTOBER

| | | | |
|-------------|-----------------------------|------------------|---------------------|
| High School | Tuesday, October 14, 2025 | Girls Volleyball | Makeup Matches |
| High School | Wednesday, October 15, 2025 | Girls Volleyball | Post Season Meeting |
| High School | Wednesday, October 15, 2025 | Flag Football | OAL Game #7 |
| High School | Thursday, October 16, 2025 | Girls Volleyball | OAL Playoffs |
| High School | Thursday, October 16, 2025 | Flag Football | Post Season Meeting |
| High School | Friday, October 17, 2025 | Football | OAL Week #2 |
| High School | Saturday, October 18, 2025 | Girls Volleyball | OAL Playoffs Begin |
| High School | Wednesday, October 22, 2025 | Flag Football | OAL Game #8 |
| High School | Thursday, October 23, 2025 | Girls Volleyball | OAL Championship |
| High School | Friday, October 24, 2025 | Football | OAL Week #3 |
| High School | Wednesday, October 29, 2025 | Basketball | Pre-Season Meeting |
| High School | Wednesday, October 29, 2025 | Flag Football | OAL Game #9 |
| High School | Thursday, October 30, 2025 | Cross Country | Regional Meet #4 |
| High School | Thursday, October 30, 2025 | Girls Golf | Post Season Meeting |
| High School | Thursday, October 30, 2025 | Girls Volleyball | Section Playoffs |
| High School | Friday, October 31, 2025 | Basketball | 1st Day of Practice |
| High School | Friday, October 31, 2025 | Football | OAL Week #4 |
| High School | Friday, October 31, 2025 | Soccer | 1st Day of Practice |

N O V E M B E R

| | | | |
|-------------|------------------------------|------------------|---|
| High School | Saturday, November 1, 2025 | Girls Volleyball | Section Championship |
| High School | Monday, November 3, 2025 | Girls Golf | Section Championship |
| High School | Monday, November 3, 2025 | Girls Tennis | Post Season Meeting |
| High School | Wednesday, November 5, 2025 | Flag Football | OAL Playoffs Begin |
| High School | Wednesday, November 5, 2025 | Flag Football | OAL Game #10 |
| High School | Thursday, November 6, 2025 | Girls Tennis | Singles Playoffs |
| High School | Friday, November 7, 2025 | Football | OAL Week #5 |
| High School | Friday, November 7, 2025 | Girls Tennis | Singles Championship |
| High School | Saturday, November 8, 2025 | Testing | SAT |
| High School | Monday, November 10, 2025 | Cross Country | Post Season Meeting |
| High School | Monday, November 10, 2025 | Football | Post Season Meeting |
| High School | Monday, November 10, 2025 | Girls Golf | NorCal Championship |
| High School | Monday, November 10, 2025 | Wrestling | 1st Day of Practice |
| High School | Monday, November 10, 2025 | Wrestling | 1st Allowable Contest |
| High School | Tuesday, November 11, 2025 | Girls Volleyball | CIF NorCal |
| High School | Wednesday, November 12, 2025 | Cross Country | OAL CITY/BACSAC FINALS/ OS JV CHAMPIONSHIP |
| High School | Wednesday, November 12, 2025 | Girls Volleyball | CIF NorCal |
| Middle | Wednesday, November 12, 2025 | Grade Check | Grade Check for Awards Ceremony |
| High School | Wednesday, November 12, 2025 | Flag Football | OAL Game #11 |
| High School | Thursday, November 13, 2025 | Girls Tennis | Doubles Playoffs |
| High School | Thursday, November 13, 2025 | Girls Volleyball | CIF NorCal |
| High School | Friday, November 14, 2025 | Football | Section Playoffs |
| High School | Friday, November 14, 2025 | Football | OAL Playoffs |

| | | | | |
|--|-------------|------------------------------|------------------|---|
| N O V E M B E R | High School | Friday, November 14, 2025 | Girls Tennis | Doubles Championship |
| | High School | Saturday, November 15, 2025 | Girls Volleyball | CIF NorCal |
| | Middle | Saturday, November 15, 2025 | Championship | OAL MS Transportation Done for Championship |
| | High School | Monday, November 17, 2025 | Basketball | 1st Allowable Contest |
| | High School | Monday, November 17, 2025 | Soccer | 1st Allowable Contest |
| | High School | Monday, November 17, 2025 | Grade Checks | OAL/OUSD Grade Checks |
| | High School | Tuesday, November 18, 2025 | Girls Tennis | CIF NorCal |
| | High School | Tuesday, November 18, 2025 | Girls Volleyball | CIF NorCal |
| | High School | Wednesday, November 19, 2025 | Flag Football | OAL Championship |
| | High School | Wednesday, November 19, 2025 | Cross Country | Oakland Sectional Finals |
| | High School | Wednesday, November 19, 2025 | Girls Golf | CIF State Championship |
| | High School | Friday, November 21, 2025 | Flag Football | Section Championship |
| | High School | Friday, November 21, 2025 | Girls Tennis | CIF NorCal |
| | High School | Friday, November 21, 2025 | Girls Volleyball | CIF State Championship |
| | High School | Saturday, November 22, 2025 | Cross Country | Section Championship |
| | High School | Saturday, November 22, 2025 | Football | Section Championship |
| | High School | Saturday, November 22, 2025 | Football | LOU JONES Silver Bowl |
| | High School | Saturday, November 22, 2025 | Girls Tennis | CIF NorCal |
| | High School | Saturday, November 22, 2025 | Girls Volleyball | CIF State Championship |
| | High School | Saturday, November 29, 2025 | Cross Country | CIF State Championship |
| | High School | Saturday, November 29, 2025 | Cross Country | CIF State Championships |
| | High School | Saturday, November 29, 2025 | Girls Tennis | CIF State Championship |

| | | | | |
|--|-------------|------------------------------|------------|---|
| D E C E M B E R | Middle | Wednesday, December 3, 2025 | Meeting | Fall Postseason Coaches Meeting (All Sports) |
| | High School | Thursday, December 4, 2025 | Soccer | Pre-Season Meeting |
| | High School | Friday, December 5, 2025 | Football | CIF NorCal |
| | High School | Saturday, December 6, 2025 | Football | CIF NorCal |
| | High School | Saturday, December 6, 2025 | Testing | SAT |
| | Middle | Saturday, December 6, 2025 | Camp | Training Camps (Basketball / Soccer) |
| | High School | Friday, December 12, 2025 | Football | CIF State Championship |
| | High School | Saturday, December 13, 2025 | Football | CIF State Championship |
| | Middle | Wednesday, December 17, 2025 | Ceremony | Middle School Fall Sports Awards Ceremony |
| | Middle | Thursday, December 18, 2025 | Event | - Start OAL Winter Sports Promotion - Winter Coaches Rosters & Sports Commitment Sheet |
| | High School | Friday, December 19, 2025 | Wrestling | Sit Out Period |
| | High School | Friday, December 26, 2025 | Basketball | Sit Out Period |
| | High School | Friday, December 26, 2025 | Soccer | Sit Out Period |

| | | | | |
|--|-------------|-----------------------------|------------------|---|
| J A N U A R Y | High School | Saturday, January 3, 2026 | Basketball | OAL Jamboree |
| | High School | Monday, January 5, 2026 | Wrestling | Pre-Season Meeting |
| | High School | Wednesday, January 7, 2026 | Basketball | 1st OAL Contest |
| | High School | Wednesday, January 7, 2026 | Soccer | 1st OAL Contest |
| | High School | Wednesday, January 7, 2026 | Wrestling | 1st OAL Contest |
| | Middle | Saturday, January 10, 2026 | Meeting | OAL Middle School Coaches Meeting |
| | High School | Monday, January 12, 2026 | Grade Checks | OAL/OUSD Grade Checks |
| | CIF | Tuesday, January 13, 2026 | CIF Meeting | Commissioners Committee |
| | CIF | Wednesday, January 14, 2026 | CIF Meeting | Commissioners Committee |
| | Middle | Monday, January 19, 2026 | Basketball | MLK I HAVE A DREAM TOURNAMENT - Basketball - Soccer |
| | Middle | Wednesday, January 21, 2026 | Rosters | Last Day to submit rosters |
| | OUSD | Wednesday, January 21, 2026 | Policy Committee | Policy Committee Meeting |
| | Middle | Thursday, January 22, 2026 | Meeting | Site Coordinators Meeting |
| | Middle | Saturday, January 24, 2026 | Event | OAL Middle School Media Day |
| | Middle | Saturday, January 24, 2026 | Season Starts | OAL Middle School Fall Regular Season Starts |
| | High School | Saturday, January 31, 2026 | Badminton | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Baseball | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Boys Golf | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Boys Tennis | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Boys Volleyball | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Softball | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Swim & Dive | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Track & Field | 1st Day of Practice |
| | High School | Saturday, January 31, 2026 | Lacrosse | 1st Day of practice |

FEBRUARY

| | | | |
|-------------|------------------------------|-----------------|-----------------------------------|
| High School | Wednesday, February 4, 2026 | Wrestling | Post Season Meeting |
| CIF | Thursday, February 5, 2026 | CIF Meeting | State Federated Council |
| CIF | Friday, February 6, 2026 | CIF Meeting | State Federated Council |
| High School | Saturday, February 7, 2026 | Wrestling | Section Championship |
| Middle | Saturday, February 7, 2026 | Event | Battle of The Bay |
| High School | Thursday, February 12, 2026 | Basketball | Post Season Meeting |
| High School | Thursday, February 12, 2026 | Soccer | Post Season Meeting |
| High School | Friday, February 13, 2026 | Soccer | OAL Playoffs Begin |
| High School | Saturday, February 14, 2026 | Swim & Dive | 1st Allowable Contest |
| High School | Saturday, February 14, 2026 | Lacrosse | 1st Allowable Contest |
| High School | Monday, February 16, 2026 | Baseball | 1st Allowable Contest |
| High School | Monday, February 16, 2026 | Boys Tennis | 1st Allowable Contest |
| High School | Monday, February 16, 2026 | Boys Volleyball | 1st Allowable Contest |
| High School | Monday, February 16, 2026 | Softball | 1st Allowable Contest |
| High School | Wednesday, February 18, 2026 | Basketball | Section Playoffs Begin |
| High School | Friday, February 20, 2026 | Wrestling | Girls NCS |
| High School | Saturday, February 21, 2026 | Badminton | 1st Allowable Contest |
| High School | Saturday, February 21, 2026 | Soccer | OAL Championships |
| High School | Saturday, February 21, 2026 | Track & Field | 1st Allowable Contest |
| High School | Saturday, February 21, 2026 | Wrestling | Girls NCS |
| High School | Monday, February 23, 2026 | Boys Golf | 1st Allowable Contest |
| High School | Monday, February 23, 2026 | Soccer | Section Playoffs Begin |
| High School | Wednesday, February 25, 2026 | Basketball | Section Championship |
| High School | Thursday, February 26, 2026 | Wrestling | CIF State |
| High School | Friday, February 27, 2026 | Wrestling | CIF State |
| Middle | Friday, February 27, 2026 | Grade Check | Grade Check - Student Eligibility |
| High School | Saturday, February 28, 2026 | Soccer | Section Championship |
| High School | Saturday, February 28, 2026 | Wrestling | CIF State |

MARCH

| | | | |
|-------------|---------------------------|---------------|---------------------------------|
| High School | Monday, March 2, 2026 | Grade Checks | OAL/OUSD Grade Checks |
| High School | Tuesday, March 3, 2026 | Basketball | CIF NorCal |
| High School | Tuesday, March 3, 2026 | Soccer | CIF NorCal |
| High School | Wednesday, March 4, 2026 | Basketball | CIF NorCal |
| High School | Wednesday, March 4, 2026 | Soccer | CIF NorCal |
| High School | Thursday, March 5, 2026 | Basketball | CIF NorCal |
| High School | Thursday, March 5, 2026 | Soccer | CIF NorCal |
| High School | Friday, March 6, 2026 | Soccer | CIF NorCal |
| Middle | Friday, March 6, 2026 | Grade Check | Grade Check for Awards Ceremony |
| High School | Saturday, March 7, 2026 | Basketball | CIF NorCal |
| High School | Saturday, March 7, 2026 | Soccer | CIF NorCal |
| High School | Tuesday, March 10, 2026 | Basketball | CIF NorCal |
| High School | Wednesday, March 11, 2026 | Track & Field | Pre-Season Meeting |
| High School | Friday, March 13, 2026 | Basketball | CIF State |
| High School | Friday, March 13, 2026 | Soccer | CIF State |
| High School | Saturday, March 14, 2026 | Basketball | CIF State |
| High School | Saturday, March 14, 2026 | Soccer | CIF State |
| High School | Saturday, March 14, 2026 | Testing | SAT |
| High School | Monday, March 16, 2026 | Baseball | Pre-Season Meeting |
| High School | Monday, March 16, 2026 | Softball | Pre-Season Meeting |
| High School | Monday, March 16, 2026 | Lacrosse | Pre-Season Meeting |
| CIF | Tuesday, March 17, 2026 | CIF Meeting | Commissioners Committee |

MARCH

| | | | |
|-------------|---------------------------|-----------------|---|
| Middle | Tuesday, March 17, 2026 | Application | Spring Coaches Application |
| CIF | Wednesday, March 18, 2026 | CIF Meeting | Commissioners Committee |
| High School | Wednesday, March 18, 2026 | Boys Golf | Pre-Season Meeting |
| High School | Friday, March 20, 2026 | Baseball | 1st OAL Contest |
| High School | Friday, March 20, 2026 | Softball | 1st OAL Contest |
| High School | Friday, March 20, 2026 | Lacrosse | 1st OAL Contest |
| Middle | Saturday, March 21, 2026 | Championship | OAL MS Championship |
| High School | Saturday, March 21, 2026 | Lacrosse | Sit out Period |
| Middle | Monday, March 23, 2026 | Event | - Start OAL Winter Sports Promotion - Winter Coaches Rosters & Sports Commitment Sheet |
| High School | Tuesday, March 24, 2026 | Boys Tennis | Sit Out Period |
| High School | Tuesday, March 24, 2026 | Boys Volleyball | Sit Out Period |
| High School | Wednesday, March 25, 2026 | Boys Golf | 1st OAL Contest |
| High School | Wednesday, March 25, 2026 | Swim & Dive | Pre-Season Meeting |
| High School | Wednesday, March 25, 2026 | Track & Field | 1st OAL Contest |
| High School | Friday, March 27, 2026 | Baseball | Sit Out Period |
| High School | Friday, March 27, 2026 | Boys Golf | Sit Out Period |
| High School | Friday, March 27, 2026 | Softball | Sit Out Period |
| High School | Friday, March 27, 2026 | Swim & Dive | Sit Out Period |
| High School | Friday, March 27, 2026 | Swim & Dive | 1st OAL Contest |
| High School | Friday, March 27, 2026 | Track & Field | Sit Out Period |
| High School | Monday, March 30, 2026 | Badminton | Sit Out Period |
| Middle | Tuesday, March 31, 2026 | Meeting | Winter Postseason Coaches Meeting (All Sports) |

| | | | | |
|----------------------------------|-------------|---------------------------|------------------|--|
| A P R I L | Middle | Wednesday, April 1, 2026 | Meeting | OAL Middle School Coaches Meeting |
| | OUSD | Wednesday, April 1, 2026 | Policy Committee | Policy Committee Meeting |
| | High School | Monday, April 6, 2026 | Badminton | Pre-Season Meeting |
| | High School | Monday, April 6, 2026 | Boys Tennis | Pre-Season Meeting |
| | High School | Monday, April 6, 2026 | Boys Volleyball | Pre-Season Meeting |
| | High School | Wednesday, April 8, 2026 | Badminton | 1st OAL Contest |
| | High School | Wednesday, April 8, 2026 | Boys Tennis | 1st OAL Contest |
| | High School | Wednesday, April 8, 2026 | Boys Volleyball | 1st OAL Contest |
| | CIF | Thursday, April 9, 2026 | Conference | CSADA |
| | CIF | Friday, April 10, 2026 | Conference | CSADA |
| | CIF | Saturday, April 11, 2026 | Conference | CSADA |
| | CIF | Sunday, April 12, 2026 | Conference | CSADA |
| | Middle | Wednesday, April 15, 2026 | Ceremony | Middle School Fall Sports Awards Ceremony |
| | Middle | Wednesday, April 15, 2026 | Rosters | Last Day to submit rosters |
| | Middle | Thursday, April 16, 2026 | Meeting | Site Coordinators Meeting |
| | Middle | Saturday, April 18, 2026 | Event | OAL Middle School Media Day |
| | Middle | Saturday, April 18, 2026 | Season | OAL Middle School Fall Regular Season Starts |
| | High School | Monday, April 20, 2026 | Grade Checks | OAL/OUSD Grade Checks |
| | CIF | Thursday, April 23, 2026 | CIF Meeting | State Federated Council |
| | Middle | Thursday, April 23, 2026 | Grade Check | Grade Check - Student Eligibility |
| | CIF | Friday, April 24, 2026 | CIF Meeting | State Federated Council |
| | High School | Monday, April 27, 2026 | Swim & Dive | Post Season Meeting |
| | Middle | Thursday, April 30, 2026 | Grade Check | Grade Check for Awards Ceremony |

MAY

| | | | |
|-------------|-------------------------|-----------------|------------------------|
| High School | Friday, May 1, 2026 | Baseball | Post Season Meeting |
| High School | Friday, May 1, 2026 | Softball | Post Season Meeting |
| High School | Saturday, May 2, 2026 | Testing | SAT |
| High School | Monday, May 4, 2026 | Badminton | Post Season Meeting |
| High School | Wednesday, May 6, 2026 | Badminton | Section Singles |
| High School | Thursday, May 7, 2026 | Badminton | Section Singles |
| High School | Friday, May 8, 2026 | Boys Tennis | Post Season Meeting |
| High School | Friday, May 8, 2026 | Boys Volleyball | Post Season Meeting |
| High School | Friday, May 8, 2026 | Swim & Dive | Section Championship |
| High School | Saturday, May 9, 2026 | Baseball | OAL Playoffs Begin |
| High School | Saturday, May 9, 2026 | Softball | OAL Playoffs Begin |
| High School | Monday, May 11, 2026 | Boys Golf | Post Season Meeting |
| High School | Monday, May 11, 2026 | Boys Tennis | Singles Playoffs |
| High School | Monday, May 11, 2026 | Boys Volleyball | Singles Playoffs |
| Middle | Monday, May 11, 2026 | Championship | OAL MS Championship |
| High School | Tuesday, May 12, 2026 | Lacrosse | Post Season Meeting |
| High School | Tuesday, May 12, 2026 | Boys Tennis | Singles Championship |
| High School | Tuesday, May 12, 2026 | Boys Volleyball | Singles Championship |
| High School | Wednesday, May 13, 2026 | Badminton | Section Doubles |
| High School | Thursday, May 14, 2026 | Badminton | Section Doubles |
| High School | Thursday, May 14, 2026 | Boys Tennis | Doubles Playoffs |
| High School | Thursday, May 14, 2026 | Boys Volleyball | Doubles Playoffs |
| High School | Thursday, May 14, 2026 | Swim & Dive | CIF State Championship |
| High School | Thursday, May 14, 2026 | Track & Field | Post Season Meeting |
| High School | Thursday, May 14, 2026 | Lacrosse | OAL Championship |
| High School | Friday, May 15, 2026 | Badminton | Section Mixed Doubles |

MAY

| | | | |
|-------------|-------------------------|------------------|--|
| High School | Friday, May 15, 2026 | Boys Golf | Section Championship |
| High School | Friday, May 15, 2026 | Swim & Dive | CIF State Championship |
| High School | Saturday, May 16, 2026 | Baseball | OAL Championship |
| High School | Saturday, May 16, 2026 | Softball | OAL Championship |
| High School | Saturday, May 16, 2026 | Swim & Dive | CIF State Championship |
| High School | Monday, May 18, 2026 | Softball | Section Playoffs Begins |
| High School | Tuesday, May 19, 2026 | Boys Tennis | CIF NorCal |
| High School | Tuesday, May 19, 2026 | Boys Volleyball | CIF NorCal |
| High School | Wednesday, May 20, 2026 | Track & Field | Section Trials |
| OUSD | Wednesday, May 20, 2026 | Policy Committee | Policy Committee Meeting |
| High School | Thursday, May 21, 2026 | Track & Field | Section Championship |
| Middle | Thursday, May 21, 2026 | Meeting | Spring Postseason Coaches Meeting (All Sports) |
| High School | Friday, May 22, 2026 | Boys Tennis | CIF NorCal |
| High School | Friday, May 22, 2026 | Boys Volleyball | CIF NorCal |
| High School | Saturday, May 23, 2026 | Badminton | CIF NorCal |
| High School | Saturday, May 23, 2026 | Baseball | Section Championship |
| High School | Saturday, May 23, 2026 | Boys Tennis | CIF NorCal |
| High School | Saturday, May 23, 2026 | Boys Volleyball | CIF NorCal |
| High School | Saturday, May 23, 2026 | Softball | Section Championship |
| High School | Tuesday, May 26, 2026 | Boys Golf | NorCal Championship |
| Middle | Wednesday, May 27, 2026 | Ceremony | Middle School Fall Sports Awards Ceremony |
| High School | Friday, May 29, 2026 | Track & Field | CIF State Championship |
| High School | Saturday, May 30, 2026 | Boys Tennis | CIF State Championship |
| High School | Saturday, May 30, 2026 | Boys Volleyball | CIF State Championship |
| High School | Saturday, May 30, 2026 | Track & Field | CIF State Championship |

| | | | | |
|------------------|-------------|--------------------------|---------------------|-------------------------|
| J U N E | High School | Tuesday, June 2, 2026 | Baseball | CIF NorCal |
| | High School | Tuesday, June 2, 2026 | Softball | CIF NorCal |
| | High School | Wednesday, June 3, 2026 | Baseball | CIF NorCal |
| | High School | Wednesday, June 3, 2026 | Boys Golf | CIF State Championship |
| | High School | Wednesday, June 3, 2026 | Softball | CIF NorCal |
| | High School | Thursday, June 4, 2026 | Baseball | CIF NorCal |
| | High School | Thursday, June 4, 2026 | Softball | CIF NorCal |
| | High School | Friday, June 5, 2026 | Baseball | CIF NorCal |
| | High School | Friday, June 5, 2026 | Softball | CIF NorCal |
| | High School | Saturday, June 6, 2026 | Baseball | CIF NorCal |
| | High School | Saturday, June 6, 2026 | Softball | CIF NorCal |
| | High School | Saturday, June 6, 2026 | Testing | SAT |
| | CIF | Tuesday, June 9, 2026 | CIF Meeting | Commissioners Committee |
| | CIF | Wednesday, June 10, 2026 | CIF Meeting | Commissioners Committee |
| | CIF | Thursday, June 11, 2026 | CIF Meeting | Commissioners Committee |
| | CIF | Friday, June 26, 2026 | National Federation | Summer Meeting |
| | CIF | Saturday, June 27, 2026 | National Federation | Summer Meeting |
| | CIF | Sunday, June 28, 2026 | National Federation | Summer Meeting |
| | CIF | Monday, June 29, 2026 | National Federation | Summer Meeting |
| | CIF | Tuesday, June 30, 2026 | National Federation | Summer Meeting |