

SCOUT

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MPSSAA News and Notes

Athletic Directors: Register Your Student-Athletes NOW for the June 9th Leadership Conference

The MPSSAA is pleased to announce that the annual Student-Athlete Leadership Conference sponsored by the All-state Foundation returns for its ninth consecutive year! The Student-Athlete Leadership Conference is designed to develop student leadership skills that enhance sportsmanship, making good decisions and promoting teamwork, time management, perspective, inclusion, healthy lifestyle, and community service. Additional information, registration information, and the conference agenda can be found at MPSSAA.org.

This year's conference is scheduled to return to Howard High School in Howard County on Saturday, June 9th. Registration will begin at 8:00 a.m., followed by the first opening session at 8:45 a.m., and will conclude by 4:00 p.m. The conference is open to rising high school sophomores, juniors, and seniors who participate in interscholastic athletics at MPSSAA member schools and who have not attended a previous MPSSAA Student-Athlete Leadership Conference.

Registration is currently open for any school's Athletic Director until April 9th after which we will begin to accept requests from Athletic Directors for additional student-athletes to attend. Requests from previously registered schools for additional attendees will be accepted until we reach our full capacity of 400 attendees.

Any questions about participating in the Student-Athlete Leadership Conference should be directed to the Student Leadership Conference Chair, Michael Duffy at 410-313-2874 or mpssaasc@gmail.com.

Board of Control Meets April 27th

The MPSSAA Board of Control will meet on April 27th in conjunction with the MSADA Conference in Ocean City. On the semi-annual meeting agenda will be approval of the Fall and Winter sport bulletins for the 2018-2019 academic year, approval of the winter financial report, and approval of the spring tournament updates.

3rd Annual Coaches' Conference Set To Go For June 9th

The 3rd annual Coaches' Conference is all set for Saturday, June 9th at Howard High School in conjunction with the Student-Athlete Leadership Conference! Check-in will begin at 8:30 a.m. followed by the first opening session at 9:00 a.m. and will continue until 4:00 p.m. The conference is open to fall and/or winter interscholastic athletic sports coaches at MPSSAA member schools who pre-registered online beginning the week of April 16th.

The Coaches' Leadership Conference is designed to develop coaches' leadership skills that enhance the values of education-based athletics, promote positive relationships with parents and student-athletes, maintain appropriate communication with officials, sportsmanship, inclusion, time management, and developing effective media relations and social media policies/guidelines.

The structure of the conference provides coach interaction through dynamic guest speakers, sport-specific sessions/clinics led by college coaches, and interactive seminar workshops all of which are outlined in the conference info packet. Coaches will learn an array of techniques to enhance their leadership and teaching skills for their student-athletes.

SCOUT is published by the Maryland Public Secondary Schools Athletic Association for the staff and fans of Maryland high school athletics.

Kevin Hook, President
R. Andrew Warner, Executive Director

MPSSAA News and Notes

Minds In Motion Scholarship Application Deadline is April 13th

The submission deadline of 12 Noon on Friday, April 13th for the tenth annual 2018 Minds In Motion Scholar-Athlete Scholarships is looming closer! Scholarships of \$1,000 each toward post-secondary education will be awarded to outstanding senior male and female scholar-athletes attending a MPSSAA member school. Once again for 2018, each of the nine Districts that comprise the MPSSAA will have at least one recipient with the remaining selections being "at-large" up to a total of 12-14 recipients.

To apply, applicants had to have a minimum 3.25 unweighted GPA and have participated in MPSSAA-recognized interscholastic athletics or Allied/Unified/Corollary sports only. Male and female winners will first be selected by their district selection committee and then presented to the Scholar-Athlete Committee for final selections. Following the final selection meeting, winners will then be notified via email on 5/4/18 with a follow-up letter via US Mail. Scholarship recipients and their parent/guardians will be honored at a luncheon to be held on Thursday, May 1st in the Ravens locker room at M&T Bank Stadium starting at 12 noon.

Students with an immediate family member (spouse, mother, father, sister, brother, ward, daughter or son and their respective spouses, regardless of where they reside) employed by The Allstate Foundation ("Sponsor"), Allstate Insurance Company, any Allstate Insurance agency and persons living in their same households, whether or not related, are not eligible to enter or win this scholarship. An eligible minor must have his/her parent's or legal guardian's permission to enter. Void where prohibited by law. Program is subject to all applicable federal, state, and local laws.

Historical First

Kudos to the members of the MPSSAA State Wrestling Committee for the vision and energy behind the first MPSSAA Girls Wrestling Invitational Tournament which took place on Saturday, 2/3 at Northeast HS in Anne Arundel County! The goal of the invitational was to further increase the interest and participation of females in the sport of wrestling which is showing rapid growth around the country. This initial event was deemed a success as almost eighty female wrestlers spent the day participating in a highly informative clinic and bouts where the girls were matched up into 16 weight classes with four to five wrestlers each. Congratulations to all of the young ladies that participated and we cannot wait to see how this event grows in the next couple of years!

Winter 2018 Wrap-Up

- STATE CHAMPIONS -

BASKETBALL

<u>Boys</u>	<u>Girls</u>
1A Dunbar	1A Southern-Garrett
2A Lake Clifton	2A Poolesville
3A Baltimore Poly (2nd Consecutive)	3A Frederick (2nd Consecutive)
4A Perry Hall (2nd Consecutive)	4A Eleanor Roosevelt

INDOOR TRACK

<u>Boys</u>	<u>Girls</u>
1A Boonsboro (2nd Consecutive)	1A Henry E. Lackey
2A Century (2nd Consecutive)	2A River Hill
3A Linganore	3A Franklin (2nd Consecutive)
4A Northwest (5th Consecutive)	4A Walter Johnson

SWIMMING

<u>Boys</u>	<u>Girls</u>
3A/2A/1A Poolesville (7th Consecutive)	3A/2A/1A Poolesville (4th Consecutive)
4A/3A W. Churchill	4A/3A Sherwood

WRESTLING DUAL MEET CHAMPIONSHIPS

1A Southern-Garrett
2A Damascus (6th Consecutive)
3A Huntingtown
4A Urbana

- SPORTSMANSHIP AWARD WINNERS -

DUAL WRESTLING

North Caroline

BOYS BASKETBALL

JACK S. WILLARD SPORTSMANSHIP AWARD

Clear Spring

GIRLS BASKETBALL

MILDRED H. MURRAY SPORTSMANSHIP AWARD

Bethesda-Chevy Chase

SWIMMING & DIVING

DOUG SUTHERLAND SPORTSMANSHIP AWARD

4A/3A: Annapolis **3A/2A/1A:** Elkton

MPS'SAA News and Notes

April Nutrition Tips For Athletes From The American Dairy Association North East

What foods do top sports nutritionists recommend athletes fuel up on? The American Dairy Association North East asked a panel of expert dietitians to share their favorite dairy food for athletes. Check out their advice in this month's nutrition tips!

Cheese

"What I love about cheese is that it is so versatile. You can enjoy it as a snack with fruit or as an ingredient in your quesadilla. Cheese is not only packed with flavor, it is rich in calcium for strong bones and muscle contraction, and protein to build and maintain lean muscle mass. It also contains a natural pinch of sodium which helps contribute to a healthy fluid balance to prevent dehydration or cramping during activity for athletes." – Allison Kreimeier, MS, RD, CSSD, Director of Performance Nutrition for Rutgers Athletics

"Homemade nachos rule! Place tortilla chips on a toaster oven tray, sprinkle with part-skim mozzarella, fresh chopped tomatoes, and beans (open a can, rinse, and use). Bake at 350-degrees for 2-3 minutes, until cheese melts. Top with cilantro and avocado. You can even scramble an egg to put on top and have it for a meal. This nutrient-rich snack/meal is satisfying and delicious, providing calcium, protein, B-vitamins, vitamin C, iron, and more." – Heidi Skolnik, MS, CDN, FACSM, owner of Nutrition Conditioning, author of Grill Yourself Skinny, co-author of Nutrient Timing for Peak Performance, and Director of Nutrition at the Juilliard School and School of American Ballet

Chocolate Milk

"My favorite dairy food for athletes is good 'ol chocolate milk. It is simple, convenient, and familiar. When I suggest it as a recovery beverage, athletes react with a smile and often say, "I can drink chocolate milk!" It is a treat for some and they get excited once the rationale/science as a recovery beverage is explained." – Sue James, MS, RDN, LDN, President of Pinnacle Health & Wellness and Team Nutritionist for the Baltimore Ravens, Baltimore Orioles, and Johns Hopkins University Athletic Department

"I recommend chocolate milk as a post-exercise snack. It will help rehydrate and refuel athletes and it tastes like a treat! Shelf-stable versions are available, making it easy to toss in your gym bag." – Jessica Redmond, MS, RDN, CSCS, FAND, owner of Major League Wellness and Assistant Professor at Utica College

Greek Yogurt

"A lot of athletes I work with have busy lives, so I like to recommend something delicious and healthy that they can put together quickly. Breakfast is essential for them

– it sets the stage for their day – so I recommend they eat a big cup of Greek yogurt with walnuts and sliced strawberries. The combination of protein, calcium, healthy fats, and vitamin C will help any athlete stay healthy and perform at their best!" – Kelly Springer, RD, MS, CDN, owner of Kelly's Choice, LLC

"Black Bean Dip – It has two veggies: black beans and salsa, as well as Greek yogurt and taco seasoning. 4 ingredients, under 5 minutes, a great source of protein and fiber, and can be served with veggies as dippers to be the pro in protein and produce." Leslie Bonci, MPH, RD, CSSD, LDN, owner of Active Eating Advice by Leslie and co-author of The Active Calorie Diet

Overnight Oats

"I make mine with milk, chia seeds, walnuts, fresh berries, and chai spices. It's quick, convenient, and easily customizable to athletes needs and preferences. Plus, it's a good source of whole grain carbs, protein, and fiber." – Matt Darnell, Ph.D., RD, CSSD, SCCC, Sports Dietitian for the Pittsburgh Steelers

Smoothies

"Mine has whey protein, gut healthy kefir, flaxseeds, and lots of berries and spinach! You can adjust the ingredients to satisfy your taste buds with different fruits, greens, or nut butters as long as you keep the whey protein &/or the kefir." – Andrea Chernus, RD, CDE, CSSD, Professor of Sports Nutrition at Columbia University and co-author of Nutrient Timing for Peak Performance

"Tart Cherry Kefir Smoothie– This is one of my favorite smoothie recipes that I share with athletes! I love incorporating tart cherry juice for the anti-inflammatory properties and kefir for a probiotic boost! I often recommend this smoothie as a night snack to many of the athletes I work with." – Molly Morgan, RD, CDN, CSSD, owner of Creative Nutrition Solutions and author of Drink Your Way to Gut Health, Skinny Size-It, and The Skinny Rules



From the Medical Advisory Committee

Preparing your Young Athlete for Summer Activities - The Importance of Heat Acclimatization and Hydration - Dr. James Baronas

Spring is in the air and as the weather turns warmer many parents begin planning with their young athletes their summer schedule. Many of these plans will include various summer camps some of which are sport specific. Summer sports camps are important for young athletes as they provide the opportunity for much needed exercise and to improve their skills in their particular sport. What many parents might not plan for is the risk of heat-related illness that young athletes are exposed to during these camps.

Heat-related illness is defined as a spectrum of medical disorders due to environmental exposure to heat. Anything from minor cramps to severe conditions like heat stroke are considered heat-related illnesses. Every year young athletes, especially in high school, experience serious injury and even death from heat-related conditions. These illnesses are almost always entirely preventable. This is an issue that young athletes, parents, coaches and staff should be aware of and prepared for. When young athletes are participating in MPSSAA guided activities through their schools there are policies in place to protect young athletes. Unfortunately, many summer camps may not have policies in place and the staff running them may not have any training in heat-related illness. Therefore it is imperative that parents of these young athletes are educated and have understanding in how to prevent and recognize signs of heat-related illness.

Signs of heat-related illness include cramping, excessive fatigue, nausea, headaches, dizziness, darker urine and decreased urine volume. Cumulative dehydration can develop insidiously over several days and raises the risk for heat-related illness especially over the first few days of outside activity at a summer camp. It is important for parents to be aware of these symptoms and actively engage their young athletes with questions about signs of heat-related illness. Special care and attention should be paid to those athletes wearing equipment like pads or helmets which prevent and inhibit heat loss from the body and increase the risk for heat illness. This includes football players, lacrosse players, field hockey goalies and others. Also, a prior history of heat-related illness is a strong risk factor for future heat-related illnesses in the same athlete.

Preventing heat-related illness should involve a multi-pronged approach. The first important aspect is Heat Acclimatization. Heat acclimatization is defined as

enhancing an individual's exercise heat tolerance and ability to exercise safely and effectively in warm to hot conditions. This is done by gradually increasing the young athlete's activities over a period of time that takes into account the duration, intensity and number of practices/activities needed to help each individual young athlete acclimate to the environment which will minimize the risk for heat-related illness. Younger athletes and children acclimatize to heat more slowly than adults. (Suggested guidelines and sample schedules for heat acclimatization are available online at MPSSAA.org).

Another important aspect is Hydration Awareness. Proper hydration is very important to the overall safety and conditioning of a young athlete and one of the best ways to combat heat-related illness. Athletes should drink regularly throughout all physical activities and should hydrate before and after to achieve a normal hydration status before the next activity or practice. Athletes can monitor their hydration level by the color and volume of their urine. Small amounts of dark urine indicate the athlete needs to drink more. Another way is by their weight, as athletes will experience weight loss when they are dehydrated. Athletes should drink 16-20 ounces of fluid for every pound lost during physical activity to achieve normal hydration status before the next practice or activity.

Heat-related illness and injury is preventable. Make sure you take the time to talk to your young athlete about the need for heat acclimatization and hydration. Have a plan to monitor them as they begin summer sport activities or summer camps. It can mean the difference between life and death.

For further information and educational materials please go to MPSSAA.org and visit the Health and Safety page.

Dr. James Baronas is an Assistant Professor of Family and Community Medicine at the University of MD. Dr. Baronas serves as the Medical Director for University Immediate Care and as the Medical Director for Student and Employee Health for the University of Maryland, Baltimore. Dr. Baronas also completed a Fellowship in Sports Medicine at the University of Maryland and obtained his CAQ in Primary Care Sports Medicine. He serves as a Team Physician for the University of Maryland, College Park and specializes in urgent care, musculoskeletal medicine and concussion management.

MPSSAA News and Notes

Non-School Team Regulations And Interpretations

There are some significant MPSSAA bylaws and interpretations regarding out-of-season competition. In an effort to help schools, below are some explanations of the changes to interpretations made at the December 6, 2012 Board of Control meeting regarding non-school teams and team camps.

While the regulation prohibiting school teams from attending a camp remains in place, those restrictions do not extend to non-school teams. The key words are non-school teams. That means that a team attending a camp along with a member of a school coaching staff must be able to clearly demonstrate that there is no school affiliation what-so-ever. That includes but is not limited to funding, organizational meetings, uniforms, equipment, etc.

The following language was adopted by the Board of Control and should serve as a directive for those coaches wishing to be associated with non-school teams beginning after the last spring state championship game.

Any paid or volunteer coach at a member school may coach a non-school team provided the team has no direct affiliation with the school. When coaching non-school teams, including returning school players on non-school teams, the following criteria shall be observed:

NOCSAE Warning About Counterfeit Lacrosse Balls

The National Operating Committee on Standards for Athletic Equipment (NOCSAE) is warning lacrosse players, coaches and teams to use caution when purchasing lacrosse balls online. NOCSAE is taking aggressive steps to stop the sale of counterfeit lacrosse balls by multiple illegitimate vendors, primarily on the Internet. In recent months, NOCSAE has worked with Amazon, GoDaddy and other online shopping platforms to shut down vendors selling lacrosse balls that have not been certified to the NOCSAE standard.

“Without proper testing and certification to the NOCSAE standard, these counterfeit lacrosse balls could pose safety risks for players,” said NOCSAE Executive Director Mike Oliver. “Consumers should also be aware that many of the counterfeit lacrosse balls appear to have the proper NOCSAE and Safety Equipment Institute (SEI) logos, but the vendors in question are not registered licensees and the balls fail to meet the NOCSAE standard.”

Consumers should not rely solely on the presence of on-ball marking to assess whether lacrosse balls meet the NOCSAE standard. To ensure these products have been certified to the NOCSAE standard, NOCSAE recommends checking the name of the manufacturer and the ball model against the certified product list available on the Safety Equipment Institute (SEI) website (www.seinet.org).

- a. *The non-school team may not use a name directly connected with the school.*
- b. *The non-school team may not use school uniforms, equipment or funds.*
- c. *The non-school team may not use school facilities except as allowed by local school system guidelines.*
- d. *The non-school team must meet local school system standards of a non-school team.*
- e. *The number of returning school players on the non-school team is limited according to the following time-frame.*

1. *From the start of the fall sports season as defined in Regulation .03, to the last state championship game of the spring season, the outside teams roster does not exceed 80% of the returning players of what would constitute a starting lineup in that sport OR a modified version thereof. i.e., 7-on-7 football, 3-on-3 basketball, indoor soccer, indoor lacrosse, etc.*

2. *From the last state championship game of the spring season to the first day of fall practice, the outside team roster is unrestricted on the number of returning players.*

Report Schedule and Results

Baseball (Wick Eisenberg):

Email: Baseball@CountySportsZone.com

Text: 443-801-3404

Lacrosse (Ed Waldman):

Email:

BoysLacrosse@CountySportsZone.com

GirlsLacrosse@CountySportsZone.com

Text: 443-756-7601

**IT IS VERY IMPORTANT FOR COACHES TO SAY IF
IT'S A BOYS GAME OR A GIRLS GAME**

Softball (Wick Eisenberg):

Email: Softball@CountySportsZone.com

Text: 443-801-3404

Track and Field and Tennis Championships:
CSZ will be on-site to post results in real time.

If coaches have been sending CSZ scores during the regular season, they can continue to use the CSZ score text line — 443-279-4676

Spring Coaches: What You Need To Know About Region and State Tournament Time

As schools conclude the regular season and begin Region and State Tournament play, a number of items will be required by schools as they progress through the tournament to ensure the smooth operation of the state tournament. The following is a general chronological checklist for coaches and athletic administrators to use as they advance through the tournament.

Regular Season

- **Review Tournament Bulletin:** Make sure you have reviewed your state tournament bulletin. If for some reason you do not have a bulletin you may find a copy on the MPSSAA website on your sport specific page. Most frequently asked questions can be answered in the bulletin.
- **Contact Region Director:** Make sure you are in contact with your region director prior to the seeding meeting. It is the responsibility of the school to work with region director to accurately report schedules, results and records for the purpose of tournament seeding. Region directors can be found in the tournament bulletin and on each sport page of mpssaa.org.
- **Submit Season Win/Loss Record:** Prior to the draw date, contact your regional director with your schedule and results up to that point in the season. Region directors must verify and submit to the state committee director prior to the seeding meeting the records and winning percentage of each of their region's teams along with information regarding any ties between teams.

Region Tournament

- **Seeding Day:** The MPSSAA will conduct the seeding for bracket positions for all spring sports via conference call with the each sport committee director. After the seedings are complete they will be posted on the County Sports Zone and MPSSAA websites within a couple hours of the meeting. Schools should identify their respective matchup and plan accordingly to setup all necessary logistics for their region games.

Spring 2018 Seeding Meeting Dates

Boys Lacrosse - May 7

Girls Lacrosse - May 7

Softball - May 8

Baseball - May 8

- **Reporting Scores:** At the conclusion of each region game, coaches should report scores to their region director and to County Sports Zone who will update the brackets accordingly. Failure to report scores and subsequent game information significantly hinders the ability of County Sports Zone to update brackets and share information in a timely fashion so that coaches and athletic administrators have time to schedule the logistics for the next round of contests. It also hampers the communication of information to spectators who may be interested in attending games and paying admission (where applicable).

- **Section Final Winners Team Entry Form:** Schools that advance past their Section Finals have an obligation to complete the online **team entry form** for the MPSSAA. **The deadline for these submissions is 4 p.m. the day following their Section Final win.** Team entry forms allow the MPSSAA to have all of the necessary information for the state tournament. Accuracy is extremely important as this information will be duplicated for the printed roster flip-cards and the state tournament t-shirts.

Spring 2018 Team Entry Form Due Dates

Boys Lacrosse - May 15

Girls Lacrosse - May 15

Softball - May 17

Baseball - May 16

- **Region Champion:** Region champions will be awarded a team plaque and individual certificates to members of the team. At the conclusion of the region final game, winning schools shall contact their region director with the score of the final game and any other information required for the State Tournament Director to contact the athletic director and coach with State Tournament information.

State Tournament

- **Media Forms:** Schools competing at the State Semifinals need to fill out and bring copies of the Media Form located on the MPSSAA.org website on the respective sports page. These forms are important in providing accurate information to the various media personnel attending the State Semifinals and Finals who may or may not usually cover your school team during the season.
- **Roster Flipcards:** Official roster flipcards will be available at each State Tournament site for free and will be given to all State Semifinal participants. All information is based upon the team entry form, so accuracy and spelling on that form is of utmost importance.
- **State Tournament:** Schools advancing to the State Semifinals and Finals should refer to the respective MPSSAA bulletin for information. Each school will have an opportunity to compete for the state championship in their classification. Your seed and your opponent's seed will be used to determine whether you are the designated home or away team for both your Semifinal and Final matchups (**North-1, South-2, East-3 and West-4**). Be safe and bring both sets of uniforms. Schools should encourage their fan base to check the MPSSAA "Fan Focus" for event information and direct them to purchase State Final tickets in advance online to avoid lines at the gate the day of the events. Online ticket info is available on MPSSAA.org.

Important Dates To Remember

First Day of Fall Practice: August 8, 2018
 First Play Date of Fall Season: August 31, 2018
 First Day of Winter Practice: November 15, 2018

First Play Date of Winter Season: December 5, 2018
 First Day of Spring Practice: March 1, 2019
 First Play Date of Spring Season: March 21, 2019

May 2018

May 2.....	Spring Sports Committee Meetings—Oregon Ridge Park.....	9:30 a.m.
May 7.....	Boys & Girls Lacrosse Seeding Meeting	TBA
May 8	Softball Seeding Meeting	TBA
May 8.....	Baseball Seeding Meeting	TBA
May 9	BOYS AND GIRLS LACROSSE - Section Quarterfinals	TBA
May 10	SOFTBALL - Section Quarterfinals	TBA
May 10	BASEBALL - Section Quarterfinals.....	TBA
May 11	BOYS & GIRLS LACROSSE - Section Semifinals	TBA
May 12	BASEBALL - Section Semifinals	TBA
May 14	SOFTBALL - Section Semifinals	TBA
May 14	BOYS & GIRLS LACROSSE - Section Finals	TBA
May 15	BOYS & GIRLS LACROSSE TEAM ENTRY FORMS DUE	4:00 p.m
May 15	BASEBALL - Section Finals.....	TBA
May 16	BASEBALL TEAM ENTRY FORM DUE	4:00 p.m.
May 16	SOFTBALL - Section Finals	TBA
May 16	BOYS & GIRLS LACROSSE - Region Finals	TBA
May 16-19.....	BOYS & GIRLS TRACK AND FIELD - Region Meets	TBA
May 17.....	SOFTBALL TEAM ENTRY FORM DUE	4:00 p.m.
May 18	BASEBALL - Region Finals	TBA
May 18	SOFTBALL - Region Finals	TBA
May 18	BOYS & GIRLS LACROSSE - 4A State Semifinals @ Gaithersburg HS	TBA
May 18	BOYS & GIRLS LACROSSE - 3A State Semifinals @ Mt. Hebron HS	TBA
May 18	BOYS & GIRLS LACROSSE - 2A State Semifinals @ Northeast-AA HS	TBA
May 18	BOYS & GIRLS LACROSSE - 1A State Semifinals @ Havre de Grace HS	TBA
May 19	BOYS & GIRLS LACROSSE - 4A State Semifinals @ Gaithersburg HS	TBA
May 19	BOYS & GIRLS LACROSSE - 3A State Semifinals @ Mt. Hebron HS	TBA
May 19	BOYS & GIRLS LACROSSE - 2A State Semifinals @ Northeast-AA HS	TBA
May 19	BOYS & GIRLS LACROSSE - 1A State Semifinals @ Havre de Grace HS	TBA
May 19	TENNIS - Tennis Region Tournament Completion Deadline.....	TBA
May 20	Track and Field Committee State Meet Seeding Meeting - Westlake HS	9:30 a.m.
May 21	TENNIS - Entry deadline	12:00 p.m.
May 22	Tennis Committee State Tournament Seeding Meeting - Howard HS	5:30 p.m.
May 22	BASEBALL - 4A State Semifinals @ Shirley Povich Field	4:00 & 7:00 p.m.
May 22	BASEBALL - 3A State Semifinals @ Joe Cannon Stadium	4:00 & 7:00 p.m.
May 22	BASEBALL - 2A State Semifinals @ Harford Community College	4:00 & 7:00 p.m.
May 22	BASEBALL - 1A State Semifinals @ McCurdy Field	4:00 & 7:00 p.m.
May 22	SOFTBALL - 1A, 2A, 3A, & 4A State Semifinals @ Bachman Park	4:00 & 7:00 p.m.
May 22	BOYS & GIRLS LACROSSE - 4A, 3A, 2A, & 1A State Finals @ Stevenson University	4, 6, & 8:00 p.m.
May 23	BOYS & GIRLS LACROSSE - 4A, 3A, 2A, & 1A State Finals @ Stevenson University	4, 6, & 8:00 p.m.
May 24	BOYS & GIRLS LACROSSE - 4A, 3A, 2A, & 1A State Finals @ Stevenson University	TBA
May 24	TRACK AND FIELD - 1A & 2A State Championships @ Morgan State University	4:00 p.m.
May 25	BASEBALL - 4A State Championships @ Ripken Stadium	7:00 p.m.
May 25	SOFTBALL - 2 State Championships @ University of Maryland, College Park	TBA
May 25	TENNIS - State Championships @ Wilde Lake Tennis Club, Columbia	10:00 a.m.
May 25	TRACK AND FIELD - 3A and 4A State Championships @ Morgan State University	4:00 p.m.
May 26	BASEBALL - 1A, 2A, and 3A State Championships @ Ripken Stadium.....	1, 4, & 7:00 p.m.
May 26	SOFTBALL - 2 State Championships @ University of Maryland, College Park	TBA
May 26	TENNIS - State Championships @ Wilde Lake Tennis Club, Columbia	10:00 a.m.
May 26	TRACK AND FIELD - 1A, 2A, 3A and 4A State Championships @ Morgan State University	11:00 a.m.