

2023 Competitions



Poly Hockey

Metro Regional Poly Hockey: January 28, 2023, Breck School, Golden Valley MN

STATE POLY HOCKEY: March 4-5, 2023 – Stillwater HS, Oak Park Heights MN

Snow Sports

Regional Metro Snowshoe: February 4, 2023 – M Health Fairview Sports Center, Woodbury MN

State Alpine/Snowboarding Qualifier: February 5, 2023 – Wild Mountain, Taylors Falls MN

STATE WINTER GAMES: February 25-26 – Wild Mountain, Taylors Falls MN

Powerlifting

STATE POWERLIFTING: March 11-12, 2023 – Lions United Fitness Center, Mendota Heights MN

2023 Competitions



Basketball

Regional North Trifecta: TBD, April 2023 – Northern MN

Regional West Basketball: TBD, April 2023 – Western MN

- **Regional Metro Basketball - North:** April 15, 2023 – St. Michael-Albertville HS, Albertville MN

Regional Metro Basketball - East: April 22, 2023 – White Bear Lake HS, White Bear Lake MN

Regional Metro Basketball - South: May 6, 2023 – Hastings HS, Hastings MN

Regional South Basketball: May 7, 2023 – Gustavus Adolphus College, St. Peter MN

- **SUMMER GAMES – BASKETBALL:** June 23-25 – Stillwater HS, Oak Park Heights MN

Swimming

Regional North Trifecta: TBD, March 2023 – Northern MN

Regional West Swimming: April 16, 2023 – St. John's University, Collegeville MN

Regional Metro Swimming - West: April 16, 2023 – South View Middle School, Edina MN

Regional Metro Swimming - East: April 23, 2023 – Washington Technology Magnet School, St. Paul MN

- **Regional South Swimming:** April 30, 2023 – Rochester Recreation Center, Rochester MN

SUMMER GAMES – SWIMMING: June 17-18, 2023 – South View Middle School, Edina MN

2023 Competitions



Track

Regional Southeast Track: TBD, May 2023 – Southeastern MN

Regional Northwest Track: TBD, May 2023 – Northwestern MN

Regional North Track: TBD, May 2023 – Northern MN

Regional West Track: TBD, May 2023 – Western MN

Regional Metro Track – South: May 13, 2023 – Eastview HS, Apple Valley MN

Regional Metro Track – Central: May 13, 2023 – Roosevelt HS, Minneapolis MN

Regional Southwest Track: May 20, 2023 – Redwood Valley HS, Redwood Falls MN

SUMMER GAMES – TRACK: June 23-25 (3 days tentative) – Stillwater HS, Oak Park Heights MN

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2023 Competitions



Bocce

Regional Metro Bocce – West: TBD, July 2023 – Western MN

Regional Metro Bocce – East: July 15, 2023 – St. Paul Sports Dome, St. Paul MN

Regional South Bocce: TBD, August 2023 – Shattuck-St. Mary's, Faribault MN

Regional West Bocce: TBD, August 2023 – NorthStar Sports Complex, Alexandria MN

SUMMER SPORTS CLASSIC – BOCCE: August 19-20, M Health Fairview Sports Center, Woodbury MN

Softball

Regional Metro Softball – East: TBD, July 2023 – East Metro MN

Regional Metro Softball – West: TBD, July 2023 – Waconia, MN

SUMMER SPORTS CLASSIC – SOFTBALL: August 18-20, M Health Fairview Sports Center, Woodbury MN

2023 Competitions



Equestrian

STATE EQUESTRIAN: August 18, 2023 – Northwest Saddle Club, North Branch MN

Tennis

STATE TENNIS: August 12, 2023 – Fred Wells Tennis & Education Center, St. Paul MN

Golf

Regional North Golf: TBD, July 2023 – Lake Miliona Golf Club, Alexandria MN

Regional Metro Golf - North: TBD, July 2023 – Victory Links Golf Course, Blaine MN

Regional Metro Golf - South: July 31, 2023 – Hidden Greens Golf Course, Hastings MN

STATE GOLF: August 27, 2023 – Oak Marsh Golf Course, Oakdale MN

Flag Football

Regional North Flag Football: TBD, September 2023 – Cohasset MN

Regional Metro Flag Football – East and West: September 9-10, St. Paul Sports Dome, St. Paul MN

STATE FLAG FOOTBALL: TBD, October 2023 – M Health Fairview Sports Center, Woodbury MN

2023 Competitions



Bowling

State Bowling – Metro: TBD, November 2023

State Bowling – Metro: TBD, November 2023

State Bowling – Metro: TBD, November 2023

State Bowling – Out State: TBD, November 2023

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State Bowling – Out State: TBD, November 2023

State Bowling – Out State: TBD, November 2023