

# CAPITAL VALLEY CONFERENCE CROSS COUNTRY SCHEDULE 2023

## **THURS, SEPT 21**

Center Meet at Maidu

## **THURS, OCT 26**

League Meet at Maidu

APPROVED ATHLETIC DIRECTORS: Feb 27, 2023

APPROVED ATHLETIC BOARD: April 18, 2023

LAST REVISED: Dec. 21, 2022

## **IMPORTANT DATES**

### **PRESEASON DEAD PERIOD**

Fall: July 10, except FB July 3 & WP July 24

Winter: Oct 8

Spring: Jan 15

### **FIRST PRACTICE**

Fall: July 31, except FB Jul 24 &

WP Aug 14

(FB Requires 5 days acclimation practice)

Winter: Oct 30

Spring: Feb 5, except BB & Softball Jan 29

### **FIRST SCRIMMAGE**

Fall: August 11, except WP Aug 18

Winter: Nov 10

Spring: Feb 16

### **FIRST CONTEST**

Fall: August 18, except WP Aug 25

Winter: Nov 17

Spring: Feb 23

### **NUMBER OF CONTACTS**

Unless otherwise stated: 28

Golf & Tennis 24 Swim & Track & CC 14

Wrestling 40 Football 10

### **LAST CONTEST**

Fall: FB & CC Oct 28 G Golf Oct 18

GVB Oct 19 WP Oct 25 G Ten Oct 26

Winter: B & G BB Feb 9 B & G Soc Feb 6

Wrest Jan 24

Spring: Base May 3 B Golf May 1

Soft May 9 Swim Apr 20 Track May 4

B Ten Apr 30 B VB Apr 25

### **SIT OUT DATE**

Fall: FB, WP & CC Sep 22 G Golf

Sept 18 G VB Sept 18 G Ten Sep 22

Winter: B & G BB Dec 30

B & G Soc Dec 29

Wrest Dec 27

Spring: Base, Track & B Golf Mar 30

Soft Apr 2 Swim Mar 23 B Ten Mar 27

B VB Mar 26