

CAPITAL VALLEY CONFERENCE CROSS COUNTRY SCHEDULE

2024-25

GAME TIME: 4:00

Last Revised: Nov 14, 2023

THURS, SEPT 19

Center Meet at Maidu

THURS, OCT 24

League Meet at Maidu

IMPORTANT DATES

NO CONTACT DEAD PERIODS

Fall: July 1 – Jul 14

Winter: July 1 – Jul 14

Spring: July 1 – Jul 14

FIRSI: Aug 5 – FB Jul 29

(Required 5 days acclimation for football)

Winter: Nov 3

Spring: Feb 9 - Baseball & Softball Feb 2

FIRST SCRIMMAGE

Fall: August 15

Winter: Nov 14

Spring: Feb 17

FIRST CONTEST

Fall: August 22

Winter: Nov 21

Spring: Feb 27 BB & SB - Feb 17

NUMBER OF CONTACTS

28

Golf & Tennis 24 Swim, Track & CC - 14

Wrestling 40 Football 10

LAST CONTEST

Fall: FB & CC Nov 1 G Golf - Oct 22

Flag FB, B So, G Ten & G VB - Oct 23

WP Oct 29

Winter: B & G BB - Feb 13 B & G Soc - Feb 10

Wrest – Feb 9

Spring: Base May 1 B Golf Apr 30

Soft May 7 Swim Apr 25 Track May 9

B Ten May 1 B VB Apr 30

SIT OUT DATE

Fall: FB, G Golf, -WP & CC Sep 27

G VB Sept 23 G Ten Sep 26

Winter: B & GBB Jan 3 B & G Soc &

Wrest Jan 1

Spring: Base Mar B Golf Mar 30 Soft Mar 29

Track Apr 4 Swim Mar 29

B Ten Mar 31 - B VB Mar 31