

# CAPITAL VALLEY CONFERENCE FLAG FOOTBALL SCHEDULE 2023

## **MON, SEPT 4**

Inderkum at Oakmont  
Antelope at Roseville  
West Park at Bella Vista  
Woodcreek BYE

## **WED, SEPT 6**

Inderkum at Woodcreek  
Oakmont at Roseville  
Bella Vista at Antelope  
West Park BYE

## **MON, SEPT 11**

Antelope at Oakmont  
Woodcreek at West Park  
Bella Vista at Inderkum  
Roseville BYE

## **WED, SEPT 13**

Roseville at Bella Vista  
Oakmont at Woodcreek  
West Park at Inderkum  
Antelope BYE

## **MON, SEPT 18**

Woodcreek at Antelope  
Bella Vista at Oakmont  
Roseville at West Park  
Inderkum BYE

## **WED, SEPT 20**

West Park at Antelope  
Woodcreek at Bella Vista  
Inderkum at Roseville  
Oakmont BYE

## **MON, SEPT 25**

Roseville at Woodcreek  
West Park at Oakmont  
Antelope at Inderkum  
Bella Vista BYE

## **WED, SEPT, 27**

Oakmont at Inderkum  
Roseville at Antelope  
Bella Vista at West Park  
Woodcreek BYE

## **MON, OCT 2**

Woodcreek at Inderkum  
Roseville at Oakmont  
Antelope at Bella Vista  
West Park BYE

## **WED, OCT 4**

Oakmont at Antelope  
West Park at Woodcreek  
Inderkum at Bella Vista  
Roseville BYE

## **MON, OCT 9**

Bella Vista at Roseville  
Woodcreek at Oakmont  
Inderkum at West Park  
Antelope BYE

## **WED, OCT 11**

Antelope at Woodcreek  
Oakmont at Bella Vista  
West Park at Roseville  
Inderkum BYE

## **MON, OCT 16**

Antelope at West Park  
Bella Vista at Woodcreek  
Roseville at Inderkum  
Oakmont BYE

## **WED, OCT 18**

Woodcreek at Roseville  
Oakmont at West Park  
Inderkum at Antelope  
Bella Vista BYE

## 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**

FMON, all: 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 Sep 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

APPROVED ATHLETIC DIRECTORS: April 18, 2022

APPROVED ATHLETIC BOARD: April 18, 2022

LAST REVISED: August 5, 2023