

# CAPITAL VALLEY CONFERENCE FLAG FOOTBALL SCHEDULE

2024-25

**GAME TIME: 5:30**

**Last Revised: Nov 14, 2023**

## **MON, SEPT 9**

RA at VDL  
Ind at CBS  
Pondo at Wood  
BV BYE

## **WED, SEPT 11**

VDL at CBS  
BV at Pondo  
Wood at RA  
Ind BYE

## **MON, SEPT 16**

RA at BV  
VDL at Ind  
CBS at Wood  
Pondo BYE

## **WED, SEPT 18**

CBS at Pondo  
Ind at BV  
Wood at VDL  
RA BYE

## **MON, SEPT 23**

BV at CBS  
Pondo at RA  
Wood at Ind  
VDL Bye

## **WED, SEPT 25**

RA at Ind  
Pondo at VDL  
BV at Wood  
CBS BYE

## **MON, SEPT 30**

VDL at BV  
Ind at Pondo  
CBS at RA  
Wood Bye

## **WED, OCT 2**

VDL at RA  
CBS at Ind  
Wood at Pondo  
BV BYE

## **MON, OCT 7**

CBS at VDL  
Pondo at BV  
RA at Wood  
Ind BYE

## **WED, OCT 9**

BV at RA  
Ind at VDL  
Wood at CBS  
Pondo BYE

## **MON, OCT 14**

Pondo at CBS  
BV at Ind  
VDL at Wood  
RA BYE

## **WED, OCT 16**

CBS at BV  
RA at Pondo  
Ind at Wood  
VDL Bye

## **MON, OCT 21**

Ind at RA  
VDL at Pondo  
Wood at BV  
CBS BYE

## **WED, OCT 23**

BV at VDL  
Pondo at Ind  
RA at CBS  
Wood Bye

## **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 Sep 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