

# CAPITAL VALLEY CONFERENCE

## SOFTBALL SCHEDULE

### 2024

#### TUE, MAR 19

Bella Vista BYE  
River Valley at Antelope  
Inderkum at Roseville  
Yuba City at Woodcreek

#### THUR, MAR 21

River Valley BYE  
Bella Vista at Inderkum  
Yuba City at Antelope  
Woodcreek at Roseville

#### TUE, APR 2

Inderkum BYE  
River Valley at Yuba City  
Bella Vista at Woodcreek  
Antelope at Roseville

#### THUR, APR 4

Yuba City BYE  
Woodcreek at Inderkum  
Roseville at River Valley  
Antelope at Bella Vista

#### TUE, APR 9

Roseville BYE  
Antelope at Woodcreek  
Bella Vista at Yuba City  
Inderkum at River Valley

#### THUR, APR 11

Woodcreek BYE  
Roseville at Yuba City  
Inderkum at Antelope  
River Valley at Bella Vista

#### TUE, APR 16

Antelope BYE  
Roseville at Bella Vista  
Woodcreek at River Valley  
Yuba City at Inderkum

#### THUR, APR 18

Bella Vista BYE  
Antelope at River Valley  
Roseville at Inderkum  
Woodcreek at Yuba City

#### TUE, APR 23

River Valley BYE  
Inderkum at Bella Vista  
Antelope at Yuba City  
Roseville at Woodcreek

#### THUR, APR 25

Inderkum BYE  
Yuba City at River Valley  
Woodcreek at Bella Vista  
Roseville at Antelope

#### TUE, APR 30

Yuba City BYE  
Inderkum at Woodcreek  
River Valley at Roseville  
Bella Vista at Antelope

#### THUR, MAY 2

Roseville BYE  
Woodcreek at Antelope  
Yuba City at Bella Vista  
River Valley at Inderkum

#### TUE, MAY 7

Woodcreek BYE  
Yuba City at Roseville  
Antelope at Inderkum  
Bella Vista at River Valley

#### THUR, MAY 9

Antelope BYE  
Bella Vista at Roseville  
River Valley at Woodcreek  
Inderkum at Yuba City

## 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  
Oct 16 G VB Sept 23 G Ten Sep 23  
Winter: B & GBB Dec 31 B & G Soc Dec 28  
Wrest Dec 27  
Spring: Base Apr 1 B Golf May 6 Soft Apr 4  
Swim Apr 20 Track May 4  
B Ten Apr 30 - B VB Apr 25

### LEAGUE DINNERS

FALL: Aug 2 Inderkum at 6:30  
WINTER: Oct 25 Roseville at 6:30  
SPRING: Feb 7 River Valley at 6:30

APPROVED ATHLETIC DIRECTORS: Feb 27, 2023

APPROVED ATHLETIC BOARD: April 18, 2023

LAST REVISED: Dec. 21, 2022