

CAPITAL VALLEY CONFERENCE SWIMMING SCHEDULE

2024-25

GAME TIME: 4:00

Last Revised: Nov 14, 2023

WED, FEB 26

RA at VDL
Ind at CBS
Pondo at Wood
BV BYE

WED, MAR 5

VDL at CBS
BV at Pondo
Wood at RA
Ind BYE

WED, MAR 12

RA at BV
VDL at Ind
CBS at Wood
Pondo BYE

WED, MAR 19

CBS at Pondo
Ind at BV
Wood at VDL
RA BYE

WED, MAR 26

BV at CBS
Pondo at RA
Wood at Ind
VDL Bye

WED, APR 2

RA at Ind
Pondo at VDL
BV at Wood
CBS BYE

WED, APR 9

VDL at BV
Ind at Pondo
CBS at RA
Wood Bye

FRI & SAT, APR 25 & 26

League meet

IMPORTANT DATES

NO CONTACT DEAD PERIODS

Fall: July 1 – Jul 14

Winter: July 1 – Jul 14

Spring: July 1 – Jul 14

FIRS: 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