

CAPITAL VALLEY CONFERENCE SWIMMING SCHEDULE 2024

TIME: 4:00

Wed Feb 28		
	Yuba	@ Inderkum
Bella Vista	Antelope	@ Roseville
	Woodcreek	@ River Valley
	Wed Mar 6	
	Antelope	@ Yuba City
	River Valley	@ Bella Vista
Roseville	Inderkum	@ Woodcreek
	HS Invite March 10-11th	
	Wed Mar 13	
	Bella Vista	@ Inderkum
Roseville	River Valley	@ Yuba City
	Woodcreek	@ Antelope
	Wed Mar 20	
	Roseville	@ Woodcreek
	Bella Vista	@ Yuba City
River Valley	Inderkum	@ Antelope
	Wed Apr 3	
	Woodcreek	@ Bella Vista
	Inderkum	@ Roseville
Antelope	River Valley	@ Yuba City
	Wed April 10	
	Antelope	@ Bella Vista
	Yuba City	@ Woodcreek
River Valley	Inderkum	@

APPROVED ATHLETIC DIRECTORS:
APPROVED ATHLETIC BOARD:
LAST REVISED:

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