

# CAPITAL VALLEY CONFERENCE

## TRACK SCHEDULE

### 2024

#### WED, MAR 13

Meet A: Antelope, Inderkum, Roseville, at Yuba City

Meet B: Bella Vista, River Valley at Woodcreek

#### WED, APR 10

Meet A: Antelope, Yuba City, Woodcreek at River Valley

Meet B: Bella Vista, Inderkum, at Roseville

#### WED, APR 24

Meet A: River Valley, Woodcreek, Roseville at Inderkum

Meet B: Bella Vista, Yuba City at Antelope

#### WED, MAY 1

League Trials at Bella Vista

#### FRI, MAY 3

League Finals at Bella Vista

APPROVED ATHLETIC DIRECTORS: Feb 27, 2023

APPROVED ATHLETIC BOARD: April 18, 2023

LAST REVISED: August 13, 2023

## 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

Sept 18 G VB Sept 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