

CAPITAL VALLEY CONFERENCE WRESTLING SCHEDULE

2023-24

WED, NOV 29

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

WED, DEC 6

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

TUE, DEC 12

Woodcreek at River Valley

WED, DEC 13

Antelope at Yuba City
Bella Vista at Inderkum
Roseville BYE

TUE, DEC 19

Yuba City at Woodcreek

WED, DEC 20

Roseville at Bella Vista
River Valley at Inderkum
Antelope BYE

WED, JAN 10

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

WED, JAN 17

River Valley at Antelope
Woodcreek at Bella Vista
Yuba City BYE

THUR, Jan 18

Inderkum at Roseville

TUE, JAN 23

Antelope at Inderkum

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

APPROVED ATHLETIC DIRECTORS: February 27, 2023

APPROVED ATHLETIC BOARD: April 18, 2023

LAST REVISED: September 13, 2023