

# CAPITAL VALLEY CONFERENCE WRESTLING SCHEDULE

2025-26

**GAME TIME: 5:30**

**Last Revised: March 16, 2025**

**WED, DEC 10**

VDL	at	RA
Wood	at	Pondo
BV	at	Ind

**TUE, JAN 6**

Pondo	at	BV
RA	at	Wood
Ind	at	VDL

**WED, JAN 14**

Pondo	at	Ind
BV	at	RA
Wood	at	VDL

**WED, JAN 21**

Ind	at	Wood
BV	at	VDL
RA	at	Pondo

**TUE, JAN 27**

Wood	at	BV
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**WED, JAN 28**

Ind	at	RA
VDL	at	Pondo

**SAT, FEB 7**

League Meet  
Location: TBD

## IMPORTANT DATES

### **NO CONTACT DEAD PERIOD**

July 1-14

### **FIRST PRACTICE**

November 3

### **FIRST SCRIMMAGE**

November 14

### **FIRST CONTEST**

November 21

### **LAST CONTEST**

February 13

### **NOTES:**

- Changed Start Time 5:30pm to allow time for Girls, JV and Varsity
- Eliminated CBS who does not have a team and no double bye
- No matches during Finals Week in December
- Checked schedule to basketball for facilities