



2019 SFL Wrestling Schedule

Starting Times:

Weigh In: 5:00PM

Duels: 6:00 PM

Wednesday, December 19
Whitney at Del Oro Granite Bay at Oak Ridge Rocklin at Folsom
Wednesday, January 2
Folsom at Granite Bay Oak Ridge at Whitney Del Oro at Rocklin
Wednesday, January 9
Del Oro at Folsom Rocklin at Oak Ridge Whitney at Granite Bay
Wednesday, January 16
Folsom at Whitney Oak Ridge at Del Oro Granite Bay at Rocklin
Wednesday, January 23
Folsom at Oak Ridge Del Oro at Granite Bay Whitney at Rocklin

SFL Championships-- February 1 and 2 at Rocklin

League Rep: Clint Madden, Del Oro

Practice Begins—October 29

1st Scrimmage—November 9

1st Contest—November 16

Last Contest Duel—January 23

Last Contest Individual—February 2