



2023-2024 SFL Wrestling Schedule

Starting Times:

Weigh In: 5:30 PM

Duels: 6:30 PM

Wednesday, December 13th
Oak Ridge at Rocklin Granite Bay at Folsom Del Oro at Whitney
Wednesday, January 3rd
Rocklin at Del Oro Granite Bay at Oak Ridge Whitney at Folsom
Wednesday, January 10th
Rocklin at Folsom Whitney at Granite Bay Del Oro at Oak Ridge
Wednesday, January 17th
Folsom at Del Oro Granite Bay at Rocklin Oak Ridge at Whitney
Wednesday, January 24th
Folsom at Oak Ridge Del Oro at Granite Bay Rocklin at Whitney

SFL Championships—February 2nd, 3rd at Folsom High School

League Rep: Clint Madden, Del Oro

Practice Begins—October 30th

1st Contest—November 17th

Sit Out Period---December 27th

Last Contest Duel—January 24th

Last League Tournament---February 3rd

8/31/2023