



2024-2025 SFL Wrestling Schedule

Starting Times

Duels Weigh In: 5:00 PM, Quad Duel Weigh In: 4:00 PM Duels: 6:00 PM,
 Duad Duel: 5:00 PM

Wednesday, December 4th	Wednesday, January 15th
Whitney at Oak Ridge Davis at Folsom Granite Bay at Del Oro Jesuit at Rocklin	Quad Duel at Davis Davis vs Oak Ridge Granite Bay vs Jesuit Granite Bay vs Oak Ridge Davis vs Jesuit Quad Duel at Whitney Whitney vs Del Oro Rocklin vs Folsom Whitney vs Folsom Rocklin vs Del Oro
Wednesday, December 11th	Wednesday, January 22nd
Folsom at Granite Bay Davis at Del Oro Rocklin at Oak Ridge Jesuit at Whitney	Folsom at Jesuit Oak Ridge at Del Oro Rocklin at Davis Granite Bay at Whitney
Tuesday, January 7th	Tuesday, January 28th
Del Oro at Jesuit Oak Ridge at Folsom Whitney at Davis Rocklin at Granite Bay	Del Oro at Folsom Davis at Granite Bay Whitney at Rocklin Jesuit vs Oak Ridge

SFL Championships—February 8th at Oak Ridge High School

League Rep: Clint Madden, Del Oro

Practice Begins—November 4th

1st Contest—November 22nd

Sit Out Period---January 1st

Last Contest Duel—January 29th

Last League Tournament---February 8th

6/24/2024