



2025-2026 SFL Wrestling Schedule

Starting Times

Duals Weigh in: 5:00 pm, Quad Duals Weigh in: 4:00 pm

Dual Matches: 6:00pm, Dual Quads Matches: 5:00 pm

| Wednesday, December 3rd | Wednesday, January 14th |
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| Oak Ridge at Whitney Folsom at Davis Del Oro at Granite Bay Rocklin at Jesuit | Quad Duel at Granite Bay Granite Bay vs Oak Ridge Davis vs Jesuit Davis vs Oak Ridge Granite Bay vs Jesuit Quad Duel at Del Oro Whitney vs Del Oro Rocklin vs Folsom Whitney vs Folsom Rocklin vs Del Oro |
| Wednesday, December 10th | Wednesday, January 21st |
| Granite Bay at Folsom Del Oro at Davis Oak Ridge at Rocklin Whitney at Jesuit | Jesuit at Folsom Del Oro at Oak Ridge Davis at Rocklin Whitney at Granite Bay |
| Tuesday, January 6th | Tuesday, January 27th |
| Jesuit at Del Oro Folsom at Oak Ridge Davis at Whitney Granite Bay at Rocklin | Folsom at Del Oro Granite Bay at Davis Rocklin at Whitney Oak Ridge at Jesuit |

SFL Championships—February 6th and 7th at Del Oro

League Rep: Clint Madden, Del Oro

Practice Begins—November 3rd

Scrimmage Date—November 14th

1st Contest—November 21st

Sit Out Period---January 1st

Last Contest Duel—January 29th

Last League Tournament---February 9th

4/1/2025

