

**2022-2023 SFL Wrestling Schedule**

**Starting Times:**

**Weigh In: 5:30 PM**

**Duels: 6:30 PM**

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| **Wednesday, December 14th** |
| **Rocklin at Granite Bay**  **Del Oro at Oak Ridge**  **Folsom at Whitney** |
| **Wednesday, January 4th** |
| **Folsom at Rocklin**  **Oak Ridge at Granite Bay**  **Whitney at Del Oro** |
| **Wednesday, January 11th** |
| **Rocklin at Oak Ridge**  **Granite Bay at Whitney**  **Del Oro at Folsom** |
| **Wednesday, January 18th** |
| **Whitney at Oak Ridge**  **Folsom at Granite Bay**  **Rocklin at Del Oro (Thursday 1/19)** |
| **Wednesday, January 25th** |
| **Oak Ridge at Folsom**  **Granite Bay at Del Oro**  **Whitney at Rocklin** |

**SFL Championships—February 3rd, 4th**

**League Rep: Clint Madden, Del Oro**

**Practice Begins—October 31st**

**1st Contest—November 18th**

**Sit Out Period---December 27th**

**Last Contest Duel—January 25th**

**Last League Tournament---February 4th**

1/11/2022