

**2022-2023 SFL Wrestling Schedule**

**Starting Times:**

**Weigh In: 5:30 PM**

**Duels: 6:30 PM**

|  |
| --- |
| **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