



Competition and Practice Schedule 2022-2023

Nov. 7	Wrestling Practice Begins(Practices generally run Monday - Friday from 2:45pm - 5:00pm. Practice schedule may change due to competitions and the needs of the team.
Nov. 18 or 19	Hydration testing (Details TBA)
Nov. 22-23	Turkey Brawl at Jordan High School (3 PM Tues, 9:00 AM Wed)
Nov. 24-27	Thanksgiving Moratorium (no practice)
Nov. 30	Dual @ Morgan (JV at 5:00, Varsity at 6:30)
Dec. 2-3	Layton Invitational @ Layton H.S.
Dec. 6	Maple Mountain Dual @ Viewmont (JV at 5:30, Varsity at 7:00)
Dec. 15	Dual @ Northridge (JV at 5:30, Varsity at 7:00)
Dec. 16-17	Viewmont Invitational
Dec. 21-26	Christmas Moratorium (No practice)
Dec. 27-30	Winter Break Practices (8 AM – 11 AM) (Mandatory)
Jan. 1	Moratorium (No practice)
Jan. 2-3	Winter Break Practice (8 AM - 11 AM) (Mandatory)
Jan. 5	Bonneville Dual @ Viewmont (JV at 5:30, Varsity at 7:00)
Jan. 6-7	Richardson Memorial @ Box Elder H.S. (3 PM Friday, 9:30 AM Sat.)
Jan. 10	All Star Match @ UVU (TBA)
Jan. 12	Dual @ Woods Cross (JV at 5:30, Varsity at 7:00)
Jan. 13-14	Redhawk Rumble @ Bountiful High School
Jan. 19	Bountiful Dual @ Viewmont (JV at 5:30, Varsity at 7:00)
Jan. 20	5A Duals @ Mt. View H.S. (Varsity only)
Jan 20-21	North Summit Tournament @ North Summit High School (JV only)
Jan. 26	Dual @ Box Elder (JV at 5:30, Varsity at 7:00)
Feb. 3-4	Divisional A @ Stansbury High School
Feb. 17-18	State Tournament @ UVU