



Regular Season “suggested” Wrestling and Weigh in times:

Two team Dual:

Option #1

Using two mats - Frosh and JV start at 5:30 PM and varsity starts at 7:00 PM; weigh ins start at 4:30 PM for all levels.

Option #2

Using 1 mat - Frosh starts 5:00 PM, JV starts 6:00 PM and varsity starts 7:00 PM; weigh ins start at 4:00 PM for all levels.

Three team multi dual:

Wrestling starts at 4:00 PM; weigh ins start at 3:00 PM

Four team multi dual:

Two mats - wrestling starts at 4:00 PM; weigh ins start at 3:00 PM

Five or more team multi dual:

Two mats - wrestling can start anytime between 12:00 PM and 3:00 PM; weigh ins are 1 hour prior to wrestling start time.