



2018 - 2019

Date	Event
*Nov. 5	*Wrestling Practice Start Date 3:00 in Wrestling Room
Nov. 9-10	10 Hour Practice
Nov. 14	Red/White Varsity/JV match and meet the team night
Nov. 16	Hydration Test (meet at PGHS with picture ID & singlet @ 8:30 pm)
Nov. 21	Practice at 7:00 am (no school)
**Nov. 22 - Nov 25	**Thanksgiving Moratorium (no practices)
Nov. 26	*Practice resumes at normal times after school
Nov 30 - Dec. 1	Syracuse Scuffle (Syracuse High School)
Dec. 6	AF @ Lone Peak
Dec. 8	Clash of the Titans (Kearns High School)
Dec. 12	Pleasant Grove @ AF
Dec. 13	AF @ Fremont
Dec. 14 – 15	Viewmont Invitational (Viewmont High School)
Dec. 19	Spanish Fork @ AF (annual Battle of the Forks)
**Dec. 21 – 25	**Christmas Moratorium (no practices) State Adjusted Moratorium
Dec 26 – 29	Sierra Nevada Classic (travel on 26 th and 29 th)
Dec. 27 - 31	Practice each morning (except Sunday) Times to be announced (for those not attending SNC)
**Jan. 1	**New Year Moratorium
Jan. 3	Bingham @ AF
Jan. 4 - 5	Caveman Classic Duals @ AF (Cave and Old Main South Gym areas will be used)
Jan. 10	AF @ Westlake
Jan. 12	Alpine District Championships (Cave will be used)
Jan. 18 - 19	The Rumble @ Heber Valley Events Center (Varsity)
Jan. 18 - 19	The Rumble @ Mountain View HS (Junior Varsity and extras)
Feb. 1 – 2	6A Divisional Tournament @ (TBA)
Feb. 13 - 14	6A State Tournament @ UVU

Regular dual times will be as follows:

Weigh-ins: 4:00 P.M.
 JV Matches: 5:00 P.M.
 Varsity Matches: 7:00 P.M.

*Practices are held every Monday through Saturday that there are no scheduled matches or moratoriums.

Home Matches in Bold