

2009/10 Wrestling Schedule

<u>Day</u>	<u>Date</u>	<u>Event/Opponent</u>	<u>Level</u>	<u>Place</u>	<u>Time</u>	<u>Weigh-ins</u>	<u>Depart</u>
Mon.	Nov 9	First day of practice		Cafeteria (Wrestling room)	3:30pm		
Wed.	Dec 2	Rancho Cotate & Middletown (Scrimmage)	All	Home - Wrestling room	4:00pm	N/A	---
Sat.	Dec 5	Redwood Empire Novice Tournament	JV	Petaluma HS	9:00am	7:00am	5:45am
Wed.	Dec 9	Scrimmage - Montgomery & Upper Lake	All	Home - Wrestling room	4:00pm	N/A	---
Sat.	Dec 12	Golden Gate Invitational Tourney	V	George Washington HS (SF)	9:00am	7:00am	5:00am
Sat.	Dec 12	Elsie Allen JV Tourney	JV	Elsie Allen H.S. (Santa Rosa)	9:00am	7:00am	6:15am
Fri	Dec 18	Healdsburg JV Tournament	JV	Home - SR Gym & Frost Hall	3:30pm	1:30pm	---
Sat.	Dec 19	Healdsburg Duals Team Tournament	V	Home - SR Gym & Frost Hall	9:00am	7:00am	---
Thurs.	Dec. 31	Maria Carrillo	All	Maria Carrillo HS (Santa Rosa)	3:00pm	2:00pm	1:00pm
Wed.	Jan 6	Marin Catholic	All	Home - Wrestling room	6:00pm	5:00pm	
Fri	Jan 8	Rancho Cotate JV Tournament	JV	Rancho Cotate HS (Rohnert Park)	3:30pm	12:30pm	2:15pm
Sat	Jan 9	Montgomery Tournament	All	Montgomery HS (Santa Rosa)	9:00am	7:00am	6:00am
Fri/Sat	Jan. 8 & 9	Clovis Doc Buchanan Tournament	V	Clovis H.S. (Clovis)	9:00am	7:00am	Thurs
Wed.	Jan 13	◆ El Molino (V/JV)	All	Home - Wrestling room	6:00pm	5:00pm	---
Sat.	Jan 16	Windsor King of the Mat Tourney	V	Windsor H.S.	9:00am	7:00am	5:45am
Wed.	Jan 20	◆ Analy	All	Analy H.S. (Sebastopol)	6:00pm	5:00pm	3:45pm
Fri/Sat	Jan. 22 & 23	Tim Brown Memorial Foothill Tournament	V	Sacramento Memorial Auditorium	9:00am	7:00am	Thurs
Sat.	Jan 23	College Park JV Tourney	JV	College Park H.S. (Pleasant Hill)	9:00am	7:00am	5:00am
Tues.	Jan 26	◆ Sonoma	All	Sonoma Valley H.S.	6:00pm	5:00pm	3:15pm
Thurs.	Jan 28	◆ Casa Grande	All	Casa Grande H.S. (Petaluma)	6:00pm	5:00pm	3:30pm
Sat.	Jan 30	Maria Carrillo Puma Classic Tournament	V	Maria Carrillo HS	9:00am	7:00am	5:45am
Wed.	Feb 3	◆ Petaluma	All	Home - SR Gym	6:00pm	5:00pm	---
Sat.	Feb 6	Ukiah Redwood Empire Classic Tournament	V	Ukiah HS	9:00am	7:00am	5:15am
Sat.	Feb 6	Sonoma JV Duals	JV	Sonoma Valley H.S.	9:00am	7:00am	
Wed.	Feb 10	◆ Windsor	All	Home - Wrestling room	6:00pm	5:00pm	---
Sat.	Feb 13	♣ N.C.S. Team Dual Championships	V	MCAL Hosts (Marin Co)	9:00am	7:00am	TBA
Sat.	Feb 20	S.C.L. Championships	All	Windsor HS	9:00am	7:00am	6:00am
Fri/Sat.	Feb. 26 & 27	North Coast Section Championships	V	Newark Memorial H.S. (Newark)	10:00am	7:00am	Thurs
Fri/Sat	Mar 5 & 6	C.I.F. State Championships	V	Rabobank Arena, Bakersfield	10:00am	7:00am	Thurs

◆ Denotes Sonoma County League match

♣ Team must qualify to be eligible to attend

Note: All home matches are in bold text

Head Coach: Scott Weidemier

Phone: (707)849-1441 cell (707)963-7115 work

JV Coach: Mike Sutton

Asst. Coach: Wayne Rogers



Rev. 28 Oct. 2009

Principal: John Curry

Athletic Director: Jenean Bingham

School Phone: (707)431-3420

School colors: Cardinal & Black

School mascot: Greyhound