



## Youth Wrestling 2023 Practice & Match Schedule

All practices except the first week held in the Springville Jr High Wrestling Room - 189 S 1470 E  
Practices on Oct. 30 and Nov 2 held in the Springville High Wrestling Room (bottom of ramp on West side of bldg.)

### OCTOBER / NOVEMBER 2023

<b>Oct 30 -Mon-SHS Wrestling Room</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>Oct 31 - Tues</b>  Halloween	<b>NOV 2 -Thurs-SHS Wrestling Room</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th
<b>6 - Mon</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>7 - Tues</b> 6:00 pm-PK-1st - <b>Payson</b> 7:15 pm-2nd-3rd - <b>Santaquin</b> 7:15 pm-4th-7th- 80 lbs & under- <b>Spanish Fork</b> 81 lbs & over- <b>Springville</b>	<b>8 - Wed</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th
<b>13 - Mon</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>14 - Tues</b> 6:00 pm-PK-1st - <b>Springville</b> 7:15 pm-2nd-3rd - <b>Spanish Fork</b> 7:15 pm-4th-7th- 80 lbs & under- <b>Springville</b> 81 lbs & over- <b>Santaquin</b>	<b>15 - Wed</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th
<b>20 - Mon</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>21 - Tues</b> 6:00pm-PK-1st - <b>Springville</b> 7:15pm-2nd-3rd - <b>Springville</b> 7:15 pm-4th-7th- 80 lbs & under- <b>Santaquin</b> 81 lbs & over- <b>Payson</b>	<b>22 - Wed</b> Thanksgiving Break
<b>27 - Mon</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>28 - Tues</b> 6:00 pm-PK-1st - <b>Santaquin</b> 7:15 pm-2nd-3rd - <b>Springville</b> 7:15 pm-4th-7th- 80 lbs & under- <b>Payson</b> 81 lbs & over- <b>Spanish Fork</b>	<b>29 - Wed</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th

## DECEMBER 2023

<b>4 - Mon</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>5 - Tues</b> 6:00pm-PK-1st - <b>Springville</b> 7:15pm-2nd-3rd - <b>Payson</b> 7:15 pm-4th-7th- 80 lbs & under- <b>Spanish Fork</b> 81 lbs & over- <b>Springville</b>	<b>6 - Wed</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th
<b>11 - Mon</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	<b>12 - Tues</b> <b>City Round Robin Meet-Springville</b> 5:30-6:30pm- PK-K-1st 6:30-7:30pm- 2nd-3rd-4th-5th-6th-7th	



### Match Locations

Payson Jr High - 1025 South Highway 198 (Main gym)

Springville Jr High - 189 South 1470 East (Wrestling Room) Front Entrance

Spanish Fork High School - 99 N 300 W (Wrestling Room) SW Cor School C-Building

Santaquin Apple Valley Elementary 105 East 770 North (Main Gym)

### Match Rules:

1. ALL WRESTLERS MUST BE REGISTERED WITH A PARTICIPATING CITY!!!
2. Parents please try and be there at least 5 minutes before scheduled match time.
3. Wrestlers are encouraged to wear wrestling singlets, shoes and headgear. (ABSOLUTELY NO BARE FEET)
4. All wrestlers will be given the opportunity for 1 to 3 matches!
5. No parents or siblings allowed on mats. Wrestlers and coaches only.
6. Matches will consist of 3 rounds. 40 sec round (PK-1st) - 60 sec round (2nd-6th). No pin fall in 1st round.
7. Child's weight will be required. Please come to matches with current weight in mind.
8. Please remember we are guests in the school facilities. Please show proper respect. No food or drinks.
9. Space is limited at venues in wrestling rooms. Please limit spectators to parents only at these sites.