

# November Wrestling 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 • Hydration Test	3 2:50-6  6-7 am	4 3-6	5 2:50-6  6-7 am	6 2:50-6	7 7-9 am
8	9 2:50-6	10 2:50-6  6-7 am	11 Holiday 8-10	12 Blue/ Green Inter-squad Match  6-7 am	13 2:50-6	14 7-9 am
15	16 2:50-6	17 2:50-6  6-7am	18 3-5	19 (H) Southeast Raleigh  6-7 am	20 2:50-5	21 @ Glenn Invite
22	23 (H) East Wake	24 2:50-4:50  6-7 am	25 Workday 6-8 am	26 Thanksgiving  8-10	27 5-8pm	28 @ Eagle Invitational Western Harnett
29	30 2:50-6					

# December Wrestling 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 2:50-6  6-7 am	2 3-5	3 2:50-5:30  6-7 am	4 @ Jim King	5 @ Jim King
6	7 2:50-6	8 2:50-5:00  6-7	9 (H) Enloe *	10 2:50-6  6-7	11 2:50-5	12 @ Bull City Classic
13	14 2:50-6	15 2:50-5:00  6-7 am	16 @ Broughton * Start time 6pm	17 2:50-5:20  6-7 am	18 @ WRAL	19 @ WRAL
20	21 Work day 6-8 am	22 @ Mark Adams	23 @ Mark Adams	24 OFF	25 OFF	26 OFF
27	28 OFF	29 8-10 am 5-7 pm	30 8-10 am 5-7 pm	31 8-11am		

# January Wrestling 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 @ Knightdale Duals	2 @ Knightdale Duals
3	4 2:50-5:30	5 2:50-5  6-7 am	6 (H) Wakefield *	7 2:50-5:30  6-7 am	8 2:50-5	9 @ Cap 7/Greater Neuse Challenge -Millbrook
10	11 2:50-5:30	12 2:50-4:50  6-7 am	13 @ Sanderson *	14 2:50-5  6-7 am	15 2:50-4:50	16 @ Eastern Alamance Duals
17	18 1-hour Practice Exams	19 1-hour Practice Exams	20 3:30-5:30	21 (H) Millbrook *	22 @ Chapel Hill Duals	23 OFF
24	25 Work day 6-8	26 2:50-4:50  6-7	27 3-4:30	28 (H) Jordan  <b>Senior Night</b>  6-7	29 2:50-4:50	30 @ Capital City Classic

# February Wrestling 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31	1 2:50-4:50	2 2:50-4:50  6-7	3 @ WFR	4 2:50-4:50  6-7	5 6:30-8:30 pm *Set up for Cap 7 Tournament after Practice*	6 Cap 7 Tournament
7	8 2:50-4:50	9 @State Duals or PR 2:50-4:50  6-7	10 2:50-4:50	11 @State Duals or PR 2:50-4:50  6-7	12 2:50-4:50	13 @ State Duals Final or OFF
14	15 Workday 6-8	16 2:50-4:50  6-7	17 2:50-4:00  Regional seeding Meeting	18 2:50-4:50	19 @ Regional Tournament TBD	20 @ Regional Tournament TBD
21	22 Travel Practice for SQ	23 Travel PR	24 Travel PR	25 Travel PR	26 @ State Tournament Greensboro Coliseum	27 @ State Tournament Greensboro Coliseum
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