

FOLSOM WRESTLING
2009-2010 VARSITY SCHEDULE

Day	Date	Opponent/Tournament	Place	Time	Results
Tues	Nov. 24	Red/Blue Intrasquad	FOLSOM	5:00 PM	
Wed	Dec. 2	Scrimmage vs. Ponderosa/Casa Roble	Ponderosa	5:00 PM	
Sat	Dec. 5	McNair Invitational	Stockton	All Day	
Wed	Dec. 9	Scrimmage vs. Vista Del Lago	Vista Del Lago	6:00 PM	
Sat	Dec. 12	Curt Mettler Invitational	Elk Grove	All Day	
Sat	Dec. 19	Jailbreak Duals	FOLSOM	All Day	
Tues/Wed	Dec. 29/30	Sierra Nevada Classic	Reno, NV	All Day	
Wed	Jan. 6	*Jesuit & Pleasant Grove*	Monterey Trail	4:00 & 6:30 PM	
Fri/Sat	Jan. 8/9	Big Valley Classic	Stockton	All Day	
Fri/Sat	Jan. 8/9	Doc Buchanan Invitational	Clovis	All Day	
Fri/Sat	Jan. 15/16	Lloyd C. Engel Tournament	Escalon	All Day	
Sat	Jan. 16	Mark Fuller Invitational	Lincoln	All Day	
Wed	Jan. 20	*Monterey Trail*	FOLSOM	6:00 PM	
Fri/Sat	Jan. 22/23	Foothill Invitational (T. Brown Mem.)	Memorial Auditorium	All Day	
Wed	Jan. 27	*Sheldon & Florin*	Florin	4:00 & 6:30 PM	
Sat	Feb. 6	CIF Section Duals	Rosemont	All Day	
Sat	Feb. 13	Delta River League Championship	Sheldon (EG)	All Day	
Fri/Sat	Feb. 19/20	Div. I North Section Championship	Vintage	All Day	
Fri/Sat	Feb. 26/27	Sac Joaquin Masters Championship	Stockton Arena	All Day	
Fri/Sat	Mar. 5/6	CIF State Championship	Bakersfield, CA	All Day	
Wed-Sun	Mar. 25-29	NHSCA National Championships	Virginia Beach, VA	All Day	

2009-2010 JUNIOR VARSITY SCHEDULE

Day	Date	Opponent	Place	Time	Results
Tues	Nov.24	Red/Blue Intrasquad	FOLSOM	5:00 PM	
Sat	Dec. 5	John F. Kennedy Duals	Sacramento	All Day	
Wed	Dec. 9	Scrimmage vs. Vista Del Lago	Vista Del Lago	6:00 PM	
Sat	Dec. 12	Ponderosa Duals	Ponderosa	All Day	
Mon	Dec. 21	Jailbreak Duals	FOLSOM	All Day	
Wed	Jan. 6	*Jesuit & Pleasant Grove*	Monterey Trail	4:00 & 6:30 PM	
Sat	Jan. 9	Christian Brothers	Christian Brothers	All Day	
Fri/Sat	Jan. 15/16	Lloyd C. Engel Tournament	Escalon	All Day	
Sat	Jan 16	Foothill Frosh-Soph	Foothill	All Day	
Wed	Jan 20	*Monterey Trail*	FOLSOM	6:00 PM	
Wed	Jan 27	*Sheldon & Florin*	Florin	4:00 & 6:30 PM	
Sat	Jan 30	Del Oro Invitational	Del Oro	All Day	
Sat	Feb 13	Delta River League Championship	Sheldon (EG)	All Day	
Fri-Sun	Mar 12-14	Frosh-Soph State	Fresno	All Day	

* Denotes Delta River League Match – Weigh ins @ 4:00 for Dual Meets