



## State Wrestling Schedule for 2024-2025

**Class 3 – Heritage HS (Lynchburg)**

**Class 4 – Tallwood HS**

**Class 5 – Frank Cox HS**

**Class 6 – Salem HS (Virginia Beach)**

### **FRIDAY**

6:00 - 7:30 PM

SCALES AVAILABLE, ONSITE PRACTICES

Be prepared to check weight wearing competition singlets.

(Please do NOT arrive before 6 PM)

7:00 PM

HEAD COACH INFORMATION PICK-UP/MEETING –

Meeting at Heritage will be in Main Gym. Meetings at Cox and Salem (VB) will be held in the Café. Tallwood will be held in gymnasium.

### **SATURDAY**

\*Open mats will be used to complete rounds\*

6:30 AM

WEIGH-IN FOR ALL WEIGHTS

8:00 – 11:00

FIRST ROUND

11:00 – 12:30

FIRST ROUND CONSO

BREAK

1:00 – 2:30

SECOND ROUND

2:30 – 4:00

SECON ROUND CONSO

4:00 – 6:00

SEMI-FINALS/CONSO QUARTERFINALS

6:00 – 6:45

CONSO SEMIFINALS

BREAK

7:15

MEDAL ROUNDS (1<sup>ST</sup>/2<sup>ND</sup>, 3<sup>RD</sup>/4<sup>TH</sup>, 5<sup>TH</sup>/6<sup>TH</sup>)

**\*Medals will be awarded after each weight class to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> places. Team awards will follow the last bout.\***