

**HDN Wrestling
2018-19**

2-Jan (Wed.)	Del Norte @ Fortuna--South Fork Eureka @ McKinleyville--Hoopa
9-Jan (Wed.)	Arcata @ Eureka (South Fork will wrestle Eureka; St. Bernards will wrestle Arcata) McKinleyville @ Del Norte
16-Jan (Wed.)	Fortuna @ Arcata--Hoopa
17-Jan (Thurs.)	Eureka @ Del Norte--St. Bernards
23-Jan (Wed.)	Arcata @ McKinleyville--South Fork Fortuna @ Eureka
30-Jan (Wed.)	Del Norte @ Arcata (Hoopa will wrestle Del Norte) McKinleyville @ Fortuna--St. Bernards
2-Feb	NCS Team Tournament
9-Feb	H-DN Championships @ Eureka weigh-ins--9:00AM wrestling--11:00AM
8/9-February	NCS Championships (Girls)
15/16-February	NCS Championships (Boys)
22/23-February	CIF Championships (Boys and Girls)

2019-20 schedule will reverse home sites.

Date of 1st Practice 22-Oct

Date of 1st Scrimmage 22-Oct

Maximum Number of Contests 40

Maximum Number of Scrimmage 2

*Students not involved in fall sports need 10 practices

*Students competing in a fall sport need 5 practices

Days of Contests varies

Starting Times 6:30PM unless noted

Seeding Meeting 17-Feb

Coaches Meeting 17-Feb

Revised--5/15/18

(Changed date of Eureka/Del Norte dual meet
and added Little 4 schools)