

### **1/20- Picture day**

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- Returners practice 8-10, weights 10:00-11:00am
- Beginners 10:00-11:30
- Photos start at noon
  - Team pictures 1<sup>st</sup>, individuals 2<sup>nd</sup>
  - If you want photos bring your order form and \$. Order forms on website, also we have printed copies available at practice.

### **Dual 1/22 Paso @ Righetti Sr. Recognition Night**

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- **Location:** Righetti HS
- Meet in wrestling room **immediately after 6<sup>th</sup>**

#### **Competition info:**

- **4pm** Weigh in
- **5pm** JV Boys, followed by Varsity girls
- Senior recognition end of Boys JV approximately 5:45/6:00pm We will not start before 5:45
- **6pm** Girls After recognition
- **6:30pm** Varsity boys

### **Varsity Boys Tournament: CIT**

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**Dates:** 1/24-25

**Location: Morro Bay High School 235 Atascadero rd, CA 93442**

#### **Travel Info:**

-We will travel be leaving RHS by 5:15 am Friday 24<sup>th</sup>

-Wrestlers will be provided food after weigh ins. They are responsible for all other meals.

**Hotel:** Coastal Breeze Inn 1098 Main Street (Friday night only)

**Tournament Info: All weights are CIF growth allowance +1. 106= 109**

**Friday +1** -Weigh ins - 7:00am/ wrestle 9:00 am

**Saturday +2** -Weigh ins - 7:00am/ wrestle 9:00 am

#### **What to bring:**

-Singlet, headgear, shoes, shower supplies, money for food

### **Santa Maria JV boys/girls tournament**

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**Dates: 1/25**

**Location:** Santa Maria High School big gym Info

**Tournament Info:** All weights are CIF growth allowance 106= 108

**Meet coaches at SMHS:** 6am check weight and get singlet

**Weight in: 7:00am** **Wrestle: 9:00am**

**What to bring:** Headgear, shoes (singlet provided)