

**DELTA LEAGUE  
2024-25 VARSITY WRESTLING SCHEDULE**

**TUESDAY, JANUARY 14**

**Cosumnes Oaks HS**

Sheldon v Cosumnes Oaks; Sheldon v Laguna Creek  
Cosumnes Oaks v Laguna Creek

**TUESDAY, JANUARY 14**

**Elk Grove HS**

Mat #1: Pleasant Grove v Elk Grove; Pleasant Grove v Monterey Trail  
Mat #2: Franklin v Monterey Trail; Franklin v Elk Grove

**TUESDAY, JANUARY 21**

**Monterey Trail HS**

Monterey Trail v Cosumnes Oaks; Cosumnes Oaks v Elk Grove  
Elk Grove v Monterey Trail

**TUESDAY, JANUARY 21**

**Laguna Creek HS**

Mat #1: Franklin v Laguna Creek; Pleasant Grove v Laguna Creek  
Mat #2: Sheldon v Pleasant Grove; Sheldon v Franklin

**TUESDAY, JANUARY 28**

**Pleasant Grove HS**

Pleasant Grove v Franklin; Cosumnes Oaks v Franklin  
Pleasant Grove v Cosumnes Oaks

**TUESDAY, JANUARY 28**

**Sheldon HS**

Mat #1: Elk Grove v Laguna Creek; Elk Grove v Sheldon  
Mat #2: Sheldon v Monterey Trail; Laguna Creek v Monterey Trail

**Dead Period:**

July 1- July 14

**Limited Period:**

Oct. 14 - Nov. 3

**Practice Begins:**

November 4

**First Scrimmage:**

November 15

**First Contest:**

November 22

**Last Contest:**

February 8

**Meet Start Times**

Weigh-in @ 4:00 PM

Start Time: 5:00 PM

Section Team Championships: Saturday, Feb. 1 @ Lincoln-S HS

Delta League Meet: February 8 @ Franklin ; Weigh-In at 7am; Matches begin at 9am

Divisional: February 14-15 @ TBD

Masters: February 21-22 @ Stockton Arena

State: February 27-28 @ Mechanics Bank Arena

**Delta League Rep:**

Jay Viodes, Pleasant Grove

**Athletic Director Rep:**

Scott Gradin, Pleasant Grove