

**Mission Valley Athletic League
2008-2009
Wrestling**

Wednesday, December 17

Irvington @ American
James Logan @ Kennedy
Washington @ Newark Memorial
BYE Mission San Jose

Wednesday, January 7

Kennedy @ Washington
American @ James Logan
Irvington @ Mission San Jose
BYE Newark Memorial

Wednesday January 14

Mission San Jose @ James Logan
Newark Memorial @ Kennedy
Washington @ American
BYE Irvington

Wednesday January 21

American @ Newark Memorial
Mission San Jose @ Washington
Irvington @ James Logan
BYE Kennedy

Wednesday January 28

American @ Mission San Jose
James Logan @ Newark Memorial
Kennedy @ Irvington
BYE Washington

Wednesday February 4

Newark Memorial @ Mission San Jose
Kennedy @ American
BYE James Logan

Thursday February 5

Washington @ Irvington

Wednesday February 11

Irvington @ Newark Memorial
James Logan @ Washington
BYE American

Thursday February 12

Mission San Jose @ Kennedy

Chairperson:

Weight Assessment

Novice:

Novice Tournament:

NCS Winter Sports Starting Date:

MVAL Winter Preseason Meeting:

Weigh-ins

Start Time:

Maximum # of Contests:

Deadline to determine Team Qualifiers

Team Dual Championships

MVAL Finals:

NCS Seeding Meeting:

NCS Championships:

State CIF Championships:

Approved AD's: 3-14-08

Newark Memorial

October 15th(start date);Jan. 15th(last date)

Washington

Washington December 11, 2008

November 10, 2008

Monday, November 3, 2008

4:00pm

5:00 PM JV / 6:30 PM Var evening matches

40 contacts per individual wrestler

Thursday, February 12, 2009

Saturday, February 14, 2009

Saturday, February 21, 2009 @ Mission San Jose

Sunday, February 22, 2009

February 27,28, 2009

March 6,7, 2009

Approved BOM's: 4-24-08

