



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 Tallwood, Cox, and Salem (VB) will be held in the Café.

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 (1ST/2ND, 3RD/4TH, 5TH/6TH)

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