

DESERT HILLS WRESTLING SCHEDULE

2024 – 2025

DAY	DATE	EVENT	TIME	LOCATION
Monday	October 28 th	Parent meeting	6:30 pm	Lecture Hall
Monday	November 11 th	Practice begins	3:15 – 5:30 pm	Wrestling room
Friday	November 22 nd	Hydration Testing	TBA	Desert Hills High
Monday	November 25 th	Meet the team night	6:30 pm	Lecture Hall
Tuesday	November 26 st	Thor Practice	3:15 – 8:30 pm	Wrestling Room
Thus - Sun	Nov 28 th – Dec 1 st	MORATORIUM	Run 3 miles a day	Anywhere
Thursday	December 5 th	Desert Hills @ Dixie	5:30 pm / 7:00 pm	Dixie HS
Fri/Sat	December 6 th /7 th	Panguitch Tourn (Varsity, JV Extras)	3 pm / 9:00 am 3 pm / 9:00 am	Panguitch - Triple C Arena
Thursday	December 12 th	Crimson @ Desert Hills	6 pm / 7 pm	Desert Hills High
Fri/Sat	December 13 th /14 th	Days of Thunder Tournament	3 PM / 9 AM	Desert Hills High
Thursday	December 19 th	Hurricane/Millard/Highland @ Desert Hills	6 pm / 7 pm	Desert Hills High
Fri/Sat	Dec 20 th / 21 st	Desert Storm Tournament Varsity/JV/Extras	1:00 pm /9:00 am	Dixie HS
Wed - Sunday	Dec 22 st - 26 th	MORATORIUM	Run 3 miles a day	Anywhere
Monday	January 1 st	MORATORIUM	Run 3 miles a day	Anywhere
Thursday	January 2 nd	Pineview @ Desert Hills	5:30 / 7:00 pm	Desert Hills High
Fri/Sat	January 3 rd /4 th	Utah Winter Classic	4 pm / 10 am	Richfield - SVC
Thursday	January 8 th	All Star Duals	5 pm	Utah Valley
Thursday	January 9 th	Open -----	5:30 pm/7:00 pm	
Fri/Sat	Jan 10 th / 11 th	Thunder Girls tournament	4 pm / 8 am	Desert Hills High
Thursday	January 16 th	Desert Hills @ Snow Canyon	5:30 pm/7:00 pm	Snow Canyon HS
Fri/Sat	Jan 17 th / 18 th	Enterprise Tournament Or Page Tournament	1 pm / 9 am	TBA
Thursday	Jan 23 rd	Desert Hills @ Cedar	5:30 pm/7:00 pm	Cedar High
Fri/Sat	Jan 24 th /25 th	Chaparral Invite – Varsity, JV and extras	4 pm / 9 am	Chaparral HS Las Vegas
Wed/Thurs	Jan 29 th and 30 th	Boys Divisional B Tournament	TBA	TBA
Saturday	Feb 1 st	Girls Divisional A Tournament	TBA	TBA
Fri/Sat	Feb 14 th /15 th	Girls State Tournament Boys State Tournament	TBA	Utah Valley University

2024 Morning Conditioning: 6:00 am – 7:00 am

Nov 12th, 13th, 14th, 18th, 19th, 20th

Holiday Practice Times 2024 – 2025

8 am – 10 am

Dec 27th

8 am – 10 am

Dec 30th

Dec 31st

4 pm – 6 pm

Jan 20th

Wrestling Banquet – March 25th @ 6:30 pm - Desert Hills High Commons area.

Boys Weights:

106, 113, 120, 126, 132, 138, 144, 150, 157, 165, 175, 190, 215, 285

Girls Weights:

100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 190, 235

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