



2019 - 2020 Wrestling



Head Coach: Rey Harmon
Athletic Director: Mike Giaime
Athletic Assistant:

coach.rbh@gmail.com
mgiaime@powayusd.com

NOVEMBER

Day	Date	Level	Event	Opponent	Location	Start Time	Van/Bus/Own
Saturday	11/9/2019	All	1st Day of Practice - Midnight Mattness		Del Norte HS	12:00 AM	
Mon - Fri	11/11 - 11/15	ALL	Try-Outs		Del Norte HS	4:00 PM	
Thursday	11/14/2019	JV	Cross-League Dual Meet	Fallbrook	Fallbrook HS	5:30 PM	Bus
		V				7:00 PM	
Friday	11/15/2019	F/NOV	Frosh/Novice Takedown Tourney		RB HS	5:00 PM	Van
Saturday	11/16/2019	JV/V	Boys Takedown Tourney		RB HS	9:00 AM	Own
		Girls	Girls Takedown Tourney		RB HS	9:00 AM	Own

DECEMBER

Day	Date	Level	Event	Opponent	Location	Start Time	Van/Bus/Own
Saturday	12/7/2019	V	32nd Annual Marauder Invitational		Mira Mesa HS	8:15 AM	Van
Monday	12/9/2019	Girls	North County Girls Tournament		Valley Center HS	6:00 PM	Van
Wednesday	12/11/2019	F/JV	Tri-meet	Torrey Pines & University City	Torrey Pines HS	5:30 PM	Bus
		V				7:00 PM	
Friday	12/13/2019	F/JV	Escondido Friday Night Frosh Kickoff		Escondido HS	4:00 PM	Van
Saturday	12/14/2019	Girls	Lady Chieftans Tournament		Clairemont HS	9:00 AM	Own
Saturday	12/21/2019	JV	Fallbrook JV Holiday Dual Meet Tournament		Fallbrook HS	9:00 AM	Own
Friday	12/27/2019	Varsity	King of Beasts - Day 1		Mater Dei	9:00 AM	Van
Saturday	12/28/2019	Varsity	King of Beasts - Day 2		Mater Dei	9:00 AM	Van

JANUARY

Day	Date	Level	Event	Opponent	Location	Start Time	Van/Bus/Own
Friday	1/3/2020	JV	Escondido JV Rumble		Escondido HS	9:00 AM	Van
Saturday	1/4/2020	V	Mission Hills Tournament		Mission Hills HS	9:00 AM	Van
Saturday	1/4/2020	Girls	Eastlake Girls Queen of the Lake		Eastlake HS	9:00 AM	Own
Monday	1/6/2019	Girls	North County Girls Tournament		San Pasqual	6:00 PM	Van
Saturday	1/11/2020	V	44th Annual Jim Londos Memorial		Orange Glen	9:00 AM	Van
Saturday	1/11/2020	Girls	San Pasqual Ladies		San Pasqual	9:00 AM	Own
Thursday	1/16/2020	JV	Dual Meet	Poway	Del Norte HS	5:30 PM	
		V				7:00 PM	
Saturday	1/18/2020	Girls	Cougar Classic Girls Tournament		Steele Canyon HS	9:00 AM	Van
Thursday	1/23/2020	F/JV	Tri-meet	Westview, RB	Westview HS	5:30 PM	Bus
		V				7:00 PM	
Saturday	1/25/2020	F/JV	John Bright Memorial		Poway HS	9:00 AM	Van
Thursday	1/30/2020	No League Match Bye					
Friday	1/31/2020	V	57th Annual Holtville Rotary Invitational		Holtville HS	1:00 PM	Van

FEBRUARY

Day	Date	Level	Event	Opponent	Location	Start Time	Van/Bus/Own
Saturday	2/1/2020	V	57th Annual Holtville Rotary Invitational		Holtville HS	9:00 AM	Van
Saturday	2/1/2020	JV	SD JV County Tournament		Mt. Carmel HS	9:00 AM	Van
Thursday	2/6/2020	F/JV	Dual Meet (Senior Night)	Mt. Carmel	Del Norte HS	5:30 PM	
		V				7:00 PM	
Saturday	2/8/2020	F	SD Freshmen County Tournament		Mt. Carmel HS	9:00 AM	Van
		Girls	CIF - Girls		Olympian HS	9:00 AM	Own
Friday	2/14/2020	Girls	SDS MASTERS - GIRLS		Steele Canyon HS	9:00 AM	Van
Saturday	2/15/2020	V	CIF - Boys, Steele Canyon		Steele Canyon HS	9:00 AM	Van
Friday	2/21/2020	V	SDS Masters Meet Day 1		Southwest HS, El Centro	9:00 AM	Van
Saturday	2/22/2020	V	SDS Masters Meet Day 2		Southwest HS, El Centro	9:00 AM	Van
Thur-Sat	2/27 - 2/29	V: Boys & Girls	CIF State Championship		Rabo Bank Arena, Bakersfield		Van