

Nebo School District Jr. High Wrestling 2022-2023

Wednesday, November 16th (3:30 start)

Mapleton Bye
Spanish Fork @ Payson
Salem @ Springville

Wednesday, November 30th (3:30 start)

Spanish Fork @ Salem
Payson Bye
Mapleton @ Springville

Wednesday, December 7th (3:30 start)

Payson @ Salem
Mapleton @ Spanish Fork
Springville Bye

Wednesday, December 14th (3:30 start)

Salem Bye
Springville @ Spanish Fork
Payson @ Mapleton

Wednesday, January 4th (3:30 start)

Spanish Fork Bye
Salem @ Mapleton
Springville @ Payson

District Finals Monday January 9th, 2022 (Salem Jr. High)

All matches start at 3:00 (For District Finals), Weigh-ins: Monday by 8:30 a.m. the day of the Tournament (January, 9th). You can start practicing on Tuesday, November 1st.

Remember that all wrestlers need to be in school colors, singlets or shorts and a shirt with school name and colors. If a wrestler doesn't have the correct uniform they will be DQ, no exceptions.

Long hair, either boy or girl, must be pulled tight to the back of the head.

Mapleton Jr 1200 North 362 East Mapleton 801-489-2892

Payson Jr 1025 South Hwy 198 Payson 801-465-6023

Salem Jr 598 North Main St. Salem 801-423-3200

Spanish Fork Jr 600 South 820 East Spanish Fork 801-798-4075

Springville Jr 189 South 1470 East Springville 801-489-2880