

# **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

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## **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

