

### **1/19- Picture day**

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- Returners practice 8-10, weights 10:00-11:00am
- Beginners 10:00-11:30
- Photos start at noon
  - Team pictures 1<sup>st</sup>, individuals 2<sup>nd</sup>
  - If you want photos bring your order form and \$. Order forms on band app, also we have printed copies available at practice.

### **Dual 1/22 Assembly dual at Paso**

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- **Location:** Paso HS
- Meet in wrestling room **after 3rd period 11:25**

#### **Competition info:**

- **1pm** Weigh in
- **2:00pm** Varsity boys
- JV Boys, followed by Varsity girls
- Important
  - Spectators must check in as visitors to attend. Use this QR code to in advance



- Parking will be full at school, it is recommended you park and walk to school



**Varsity Boys Tournament:** CIT

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**Dates:** 1/23-24

**Location:** Morro Bay High School 235 Atascadero rd, CA 93442

**Travel Info:**

- We will travel from Paso dual to hotel in Morro Bay
- Wrestlers will be provided food after weigh ins. They are responsible for all other meals.

**Hotel:** Harbor House Inn Morro Bay 1095 Main st. Morro Bay CA

**Tournament Info:** All weights are CIF growth allowance +1. 106= 109

**Friday +1** -Weigh ins - 7:00am/ wrestle 9:00 am

**Saturday +2** -Weigh ins - 7:00am/ wrestle 9:00 am

**What to bring:**

- Singlet, headgear, shoes, shower supplies, money for food