

Marin County Athletic League  
 375 Doherty Drive  
 Larkspur, Ca 94939  
 Phone: 415-924-4424  
 Fax: 415-924-6430  
 mcal@marin.k12.ca.us

3.6.09  
 6.5.09

**Sport: Wrestling**  
**Season: 2010**

School/date	Nov.	Jan.	Jan.	Jan.	Jan.	Feb.	Feb.	Feb.	Feb.	Feb.	Mar
	28	7	14	21	28	3*	10*	13	20	24/25	####
Terra Linda	N			SM-SR			MC	N	M	N	C
	O							C	C	C	I
MCatholic	V			R-T	JS			S	A	S	F
	I								L		
JSiena	C			N-D		TL		D		T	T
	E							U	T	O	O
SMarin			MC-D				R	A	O	U	U
	T							L	U	R	R
Redwood	O		JS-SR		N				R	N	N
	U							T	N	E	E
Novato	R		TL-T			SM		E	E	Y	Y
	N							A	Y		
Tamalpais	E	SM-JS					SR	M			
	Y								@		
SRafael		MC-N			D			@			
	@								JS		
SFDrake		TL-R				T		TBA			
	D										
BYES					TL,SM,T	MC,R,SR	JS,N,D				
Starting date:	Nov. 8					Pre-Season Meeting: Oct. 29 @ MCAL OFFICE 6pm					
Official weigh-in:	TBA					Post-Season Meeting: March 3 6 pm MCAL office					
Max. # Contacts:	40					Starting Time:					
Max. # of scrimmages:	2 must be on schedule					Weigh in: 3:30 for Tri matches @ 4:30					
	* day of week change due to conflict with basketball					Weigh in: 5:00 for Dual matches @ 6:00					

Check MCAL website to register for  
 Coaching Education Classes  
 mcalSports.org