

## **Weeks Schedule Francis Howell Wrestling Jan 23th- Jan 28th**

**1/23 Monday-** All levels practice 2:45- 5:00pm

**1/24 Tuesday-** All levels practice 2:45- 5:00pm

**1/25 Wednesday-** All levels practice 2:45- 4:30pm

**1/26 Thursday-** Fort Zumwalt North- Home all levels be back at school at 4pm to move mats weigh ins at 5pm- jv and 9<sup>th</sup> start at 6pm varsity right after

**1/27 Friday-** be at school at 2:15 to catch bus to Oakville  
3:30 weigh ins, wrestling starts at 4:30, all 3 levels will wrestle at the same time  
We dual Howell vs Oakville  
Then Howell vs lafayette

**1/28 Saturday-** OFF

**1/30 Monday-** All levels practice 2:45- 5:00pm

**1/31 Tuesday-** All levels practice 2:45- 5:00pm

**2/1 Wednesday- Early Release** All levels practice 2:00- 4:30pm

**2/2 Thursday-** All levels practice 2:45-5pm

**2/3 Friday-** All levels practice 2;45- 4:30

**2/4 Saturday-**

Varsity Howell Central Tournament- meet at Howell Central 7:30am- 8am weighins,  
9:30am wrestling starts

JV- GAC at Holt, meet bus at Howell 6:15am, 7am weigh ins, wrestling starts at 9:30am