



DELAWARE VALLEY WRESTLING

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DEL VAL SUMMER 2024

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June 3	June 4 Open Mat (7-12 th) 7PM-8:15	June 5 Open Mat (7-12 th) 7PM-8:15	June 6 Open Mat (9-12 th) 3PM-4:15	June 7	June 8 Raritan Duals 8AM~2PM	June 9
June 9	June 11 Open Mat (7-12 th) 7PM-8:15	June 12 Open Mat (7-12 th) 7PM-8:15	June 13 Open Mat (9-12 th) 3PM-4:15	June 14	June 15	June 16
June 17	June 18 Open Mat (7-12 th) 6:30PM-7:45	June 19 Open Mat (7-12 th) 9AM-11	June 20 RR Day 9AM-12 at Del Val	June 21	June 22 LYCOMING CAMP	June 23 LYCOMING CAMP
June 24 LYCOMING CAMP	June 25 LYCOMING CAMP	June 26 LYCOMING CAMP	June 27	June 28	June 29	June 30
July 1	July 2 Open Mat (7-12 th) 6:30PM-7:45	July 3 Open Mat (7-12 th) 9AM-11	July 4	July 5	July 6	July 7
July 8	July 9 Open Mat (7-12 th) 6:30PM-7:45	July 10 Open Mat (7-12 th) 9AM-11	July 11 Open Mat (7-12 th) 9AM-11	July 12	July 13	July 14
July 15	July 16 Open Mat (7-12 th) 6:30PM-7:45	July 17 Open Mat (7-12 th) 9AM-11	July 18 RR Day 9AM-12 at Hopewell	July 19	July 20	July 21
July 22	July 23 Open Mat (7-12 th) 6:30PM-7:45	July 24 Ball & Sprawl (evening)	July 25 Open Mat (7-12 th) 9AM-11	July 26	July 27 Farmer's Fair Duals 9AM~2	July 28
July 29	July 30 Open Mat (7-12 th) 6:30PM-7:45	July 31 Open Mat (7-12 th) 9AM-11	August 1 Open Mat (7-12 th) 9AM-11	August 2 1000 Islands Duals	August 3 1000 Islands Duals	August 4 1000 Islands Duals
Boys & Girls K-6 should register for Summer workouts with Fortify Wrestling at FortifyWrestling.com						
Open Mats at DV Wrestling room is open to Boys & Girls 7-12			June 8 th : Raritan Duals @ Hazlet, NJ High School: 4 Duals with HS weights + 3 lbs			
July 24 th : BALL & SPRAWL @ DV Dual meet & 7 on 7 Football Scrimmage on 1 Football Field!			July 27 th : Farmers Fair Duals High School Duals at the Warren County Farmers Fair.			
June 22 nd – 26 th : Lycoming Camp (JR HIGH & HS) Overnight Camp for Grade School & High School programs. Incoming 7 th & 8 th graders are welcome!			Round Robin Events June 20 th : Day #1 @ Del Val July 18 th : Day #2 @ Hopewell Valley No weight classes. 2 or 3 bouts for each wrestler.			
August 2 nd – 4 th : 1000 Islands Duals in NY High School (entering 9-12 th): 107, 114, 121, 127, 133, 139, 145, 152, 160, 172, 189, 215, and 285.						

A TRADITION OF EXCELLENCE

22 SECTIONAL TITLES | 10 NJ GROUP TITLES | 133 DISTRICT CHAMPS | 44 STATE PLACE WINNERS | 9 NJ STATE CHAMPS