

CIA WRESTLING

Starting March 1, 2010

Blue Group: This group is for middle school and elementary wrestlers.

Sundays 3:13-4:45

Wednesdays 6:45-8:15

Orange Group:

This group is for high school wrestlers over 145 lbs.

Sundays/Mondays 5:00-6:30

Red Group:

This group is for high school wrestlers under 145lbs.

Sundays/Mondays 6:45-8:15