



# Golden West High School Wrestling 2018-19

DAY	DATE	OPPONENT	SITE	TIME /W. In	TEAM
Saturday	11/24/18	Redwood Shootout	Redwood	9:00/7:00	Girls
<b>Thursday</b>	<b>11/29/18</b>	<b>Exeter</b>	<b>Golden West</b>	<b>4:30/3:30</b>	<b>All</b>
Friday	11/30/18	Last Girls Standing	Lemoore	1:00/11:00	Girls
Saturday	12/1/18	Queen of the Valley	Bakersfield	7:00/9:00	Girls
Saturday	12/1/18	Grizzly Invitational	Central	9:00/7:00	Boys
<b>Thursday</b>	<b>12/6/18</b>	<b>Woodlake</b>	<b>Golden West</b>	<b>4:30/3:30</b>	<b>All</b>
Fri/Sat	12/7-8/18	Chukchansi Invitational	Madera South	9:00/7:00	Boys
Saturday	12/08/18	Lady Wolves – Girls	Livingston	9:00/7:00	Girls
Wednesday	12/12/18	Tulare Union	Tulare Union	5:30/4:30	Boys
Wednesday	12/12/18	Sanger	Sanger	5:00/4:00	Girls
Saturday	12/15/18	California Classic	Reedley	9:00/7:00	Boys
Fri/Sat	12/21-22/18	Zinkin Classic	Buchanan	9:00/7:00	Boys
Wednesday	12/27/18	DeLiddo Classic	Lemoore	10:00/8:00	V Boys
Wednesday	12/27/18	JV Path of Champions	Lemoore	10:00/8:00	JV Boys
<b>Wednesday</b>	<b>1/2/19</b>	<b>Mt. Whitney</b>	<b>Golden West</b>	<b>4:30/3:30</b>	<b>All</b>
Thursday	1/10/19	Redwood	Redwood	4:30/3:30	All
Saturday	1/12/19	Redwood Tournament	Redwood	2:00/12:00	Boys
Saturday	1/12/19	Var.Girls/JV Boys Champ.	Sanger	10:00/8:00	VG/JVB
Wednesday	1/16/19	Lemoore	Lemoore	4:30/3:30	All
Friday	1/18/19	Lady Hawks	Mission Oak	9:00/7:00	Girls
Fri/Sat	1/18-19/19	CIT Morro Bay	Morro Bay	10:00/9:00	Boys
Thursday	1/24/19	Hanford	Hanford	4:30/3:30	All
<b>Friday</b>	<b>1/25/19</b>	<b>Central Valley Invitational</b>	<b>Golden West</b>	<b>9:00/7:00</b>	<b>Girls</b>
<b>Saturday</b>	<b>1/26/19</b>	<b>Central Valley Invitational</b>	<b>Golden West</b>	<b>9:00/7:00</b>	<b>Boys</b>
<b>Wednesday</b>	<b>1/30/19</b>	<b>El Diamante</b>	<b>Golden West</b>	<b>4:30/3:30</b>	<b>All</b>
Fri/Sat	2/1-2	Girls Area	TBA	TBA	Girls
Fri/Sat	2/8-9	Girls Masters (Section)	Golden Valley	9:00/7:00	Girls
Fri/Sat	2/8-9	Boys D-V Team Champ.	East Bakersfield	TBA	Boys
Fri/Sat	2/15-16	Boys (Section)	TBA	TBA	Boys
Thurs/Fri/Sat	2/21-23	Boys/Girls State	Bakersfield	TBA	All

**Head Coach:** Richard Sanchez

**Coaches:** Jesse Garcia, Micayla Morse, David Meza, Robbie Ramos, Andrew Sanchez, Bret Morse  
Stephanie Morse, Aron Cook, Juan Gonzalez

**Principal:** Jose Fregoso

**Athletic Director:** John DeLong

**Athletic Trainer:** Kelly Cleaver, ATC