



Golden West High School Wrestling 2019-20

DAY	DATE	OPPONENT	SITE	TIME /W. In	TEAM
Tuesday	11/26/19	Exeter	Exeter	4:30/3:30	Boys
Friday	11/29/19	Last Girl Standing	Lemoore	10:00/8:00	Girls
Thursday	12/5/19	Woodlake	Woodlake	4:30/3:30	All
Fri/Sat	12/6-7/19	Chukchansi Invitational	Madera South	9:00/7:00	Boys
Fri/Sat	12/6-7/19	R & M Parks Ladies Invit.	Monache	9:00/7:00	Girls
Tuesday	12/10/19	Tulare Union/Sanger	Golden West	4:30/3:30	All
Saturday	12/14/19	Redwood Shootout	Redwood	9:00/7:00	Girls
Wednesday	12/18/19	Orange Cove	Orange Cove	5:30/4:30	All
Fri/Sat	12/20-21/19	Zinkin Classic	Buchanan	9:00/7:00	Boys
Saturday	12/28/19	DeLiddo Classic	Lemoore	9:00/7:00	V Boys
Saturday	12/28/19	JV Path of Champions	Lemoore	9:00/7:00	JV Boys
Wednesday	1/8/20	Mt. Whitney	Mt. Whitney	4:30/3:30	All
Saturday	1/11/20	Redwood Tournament	Redwood	9:00/7:00	Boys
Saturday	1/11/20	Var.Girls/JV Boys Champ.	Sanger	10:00/8:00	VG/JVB
Thursday	1/16/20	Redwood	Golden West	4:30/3:30	All
Fri/Sat	1/17-18/20	CIT Morro Bay	Morro Bay	10:00/9:00	Boys
Wednesday	1/22/20	Lemoore	Golden West	4:30/3:30	All
Friday	1/24/20	Central Valley Invitational	Golden West	9:00/7:00	Girls
Saturday	1/25/20	Central Valley Invitational	Golden West	9:00/7:00	Boys
Thursday	1/30/20	Hanford	Golden West	4:30/3:30	All
Wednesday	2/5/20	El Diamante	El Diamante	4:30/3:30	All
Fri/Sat	2/14-15	Girls Area	TBA	TBA	Girls
Thurs/Sat	2/20,22/20	Girls Masters (Section)	East Bakersfield	TBA	Girls
Fri/Sat	2/14-15/20	Boys D-IV, V Team Champ.	Golden West	TBA	Boys
Fri/Sat	2/21-22/20	Boys (Section)	Hoover	TBA	Boys
Thurs/Fri/Sat	2/27-29/20	Boys/Girls State	Bakersfield	TBA	All

Head Coach: Richard Sanchez

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

Principal: Jose Fregoso

Athletic Director: John DeLong