



DELAWARE VALLEY WRESTLING

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DEL VAL SUMMER 2009

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
June	<i>June 8</i>	<i>June 9</i> Open Mats	<i>June 10</i>	<i>June 11</i> Open Mats	<i>June 12</i>	<i>June 13</i> Raritan Duals	<i>June 14</i>
	<i>June 15</i>	<i>June 16</i> Open Mats	<i>June 17</i> Hunterdon Central	<i>June 18</i> Open Mats	<i>June 19</i>	<i>June 20</i>	<i>June 21</i>
	<i>June 22</i>	<i>June 23</i> Open Mats	<i>June 24</i>	<i>June 25</i> Open Mats Del Val	<i>June 26</i>	<i>June 27</i> Aggie Summer Duals	<i>June 28</i>
	<i>June 29</i>	<i>June 30</i> Open Mats	<i>July 1</i>	<i>July 2</i> Open Mats	<i>July 3</i>	<i>July 4</i>	<i>July 5</i>
July	<i>July 6</i> DV Clinic	<i>July 7</i> DV Clinic	<i>July 8</i> DV Clinic	<i>July 9</i> DV Clinic	<i>July 10</i> DV Wrestling Picnic	<i>July 11</i>	<i>July 12</i>
	<i>July 13</i>	<i>July 14</i> Open Mats	<i>July 15</i>	<i>July 16</i> Rutgers Camp Open Mats	<i>July 17</i> Rutgers Camp	<i>July 18</i> Rutgers Camp	<i>July 19</i> Rutgers Camp
	<i>July 20</i>	<i>July 21</i> Open Mats	<i>July 22</i>	<i>July 23</i> Open Mats Voorhees	<i>July 24</i>	<i>July 25</i> Hunterdon Duals	<i>July 26</i>
	<i>July 27</i>	<i>July 28</i> Open Mats	<i>July 29</i>	<i>July 30</i> Open Mats	<i>July 31</i> 1000 Island Jr Duals	<i>August 1</i> 1000 Island Duals	<i>August 2</i> 1000 Island Duals

Open Mats (6:00 - 7:30)
Wrestling room is open to all ages of wrestlers.
New wrestlers are also welcome!

June 13th: Raritan Duals – Hazlet, NJ
Team Tournament / 4 Dual meets
High School weights

July 6th – 9th: DV Clinic
Wrestling clinic at DV for K - 8 wrestlers.
New wrestlers are also welcome!

June 27th: Aggie Summer Duals
at Del Val College
HS Team Tournament / 3 or 4 Duals
High School weights + 2 lbs

July 31st – Aug 2nd: 1000 Island Duals
in Clayton, NY
Team Tournament / 5 or 6 Duals HS
High School weights + 2 lbs - No HWT

July 16th – 19th: Rutgers Camp
Overnight Camp for High School program.
Incoming 9th graders are welcome!

July 25th: Hunterdon Duals
at Hunterdon Central
Team Tournament / 3 or 4 Duals HS
High School weights + 3 lbs

June 17th, 25th & July 23rd:
Hunterdon County Workouts
All County teams to workout in 1 wrestling room

A TRADITION OF EXCELLENCE

14 SECTIONAL TITLES | 7 GROUP II TITLES | 85 DISTRICT CHAMPS | 34 STATE PLACE WINNERS | 8 NJ STATE CHAMPS