



## M.E.L. WRESTLING 2026 SCHEDULE

Single Dual: Weigh-In at 5PM. JV starts at 6PM with Varsity to follow.  
Quad: Weigh-In at 3PM. JV Boys Dual starts 4PM with Girls, then V Boys to follow.

PURSUING  
VICTORY WITH HONOR

| Day        | Date       | Pioneer  | River City   | Rodriguez   | Sacramento   | Vacaville    | Vanden  | Wood         |
|------------|------------|--|--|---|--------------|--------------|---|--------------|
| Wed.       | Jan 14     | @ River City   | Vaca v. RC<br>Wood v. Pioneer<br>Vaca v. Pioneer<br>Wood v. RC<br>Sac v. Wood<br>Sac v. Vaca | Vanden  | @ River City | @ River City | @ Rodriguez   | @ River City |
| Wed.       | Jan 21     | RC v. Pioneer<br>Sac v. RC<br>Sac v. Pioneer                     | @ Pioneer  | @ Vanden  | @ Pioneer    | @ Vanden     | Vaca v. Vanden<br>Wood v. Rod<br>Vaca v. Rod<br>Wood v Vanden | @ Vanden     |
| Wed.       | Jan. 28    | @ Rodriguez  | @ Rodriguez  | RC v. Vanden<br>Pioneer v. Rod<br>RC v. Rod<br>Vanden v. Pioneer<br>Sac v. Vanden<br>Rod v. Sac | @ Rodriguez  | Wood         | @ Rodriguez   | @ Vacaville  |
| Sat.       | Jan. 31    | CIF SJS Section Dual Tournament @ Lincoln of Stockton            |  |   |              |              |   |              |
| Sat.       | Feb. 7     | M.E.L. Championships @ Pioneer                                   |  |   |              |              |   |              |
| Fri.-Sat.  | Feb. 14    | Boys CIF SJS Division III Tournament @ TBA; Girls Regional @ TBA |  |   |              |              |   |              |
| Fri.-Sat.  | Feb. 20-21 | Boys and Girls CIF SJS Masters Tournament @ Stockton Arena       |  |   |              |              |   |              |
| Thur.-Sat. | Feb 26-28  | CIF State Tournament @ Mechanics Bank Arena, Bakersfield         |  |   |              |              |   |              |

- **Dead Period:** 7/1/2025 - 7/14/2025
- **Practice Begins:** 11/3/2025
- **First Scrimmage:** 11/14/2025
- **First Contest:** 11/21/2025
- **Sit Out Period:** 1/1/2026
- **Last Contest:** 2/9/2026