

**2008 – 2009 Lone Peak Wrestling Schedule**  
(Updated 10/24/08)

<b>Date</b>	<b>Opponent/Tournament</b>	<b>JV</b>	<b>Varsity</b>
December 5 <sup>th</sup> & 6 <sup>th</sup>	Layton Tournament @ Layton High School		X
December 11 <sup>th</sup>	Lone Peak vs Spanish Fork @ Lone Peak High School	X	X
December 12 <sup>th</sup> & 13 <sup>th</sup>	Wasatch Duals Tournament @ Wasatch High School	X	X
December 17 <sup>th</sup>	Lone Peak vs Timpanogas @ Timpanogas High School	X	X
December 19 <sup>th</sup> & 20 <sup>th</sup>	Viewmont Tournament @ Viewmont High School	X	X
January 8 <sup>th</sup>	Lone Peak vs Lehi @ Lehi High School	X	X
January 9 <sup>th</sup> and 10 <sup>th</sup>	Lone Peak @ West Jordan	X	X
January 15 <sup>th</sup>	Lone Peak vs Pleasant Grove @ Lone Peak High School	X	X
January 16 <sup>th</sup> & 17 <sup>th</sup>	Rocky Mountain Rumble Tournament @ UVU		X
January 16 <sup>th</sup> & 17 <sup>th</sup>	JV Rocky Mountain Rumble Tournament @ TBA	X	
January 22 <sup>nd</sup>	Lone Peak vs American Fork @ American Fork High School	X	X
January 23 <sup>rd</sup> & 24 <sup>th</sup>	5A State Duals @ Jordan High School		X
January 29 <sup>th</sup>	OPEN JV Region Tournament @ Lone Peak High School	X	
February 6 <sup>th</sup>	Region Tournament @ Lone Peak High School		X
February 11 <sup>th</sup> – 14 <sup>th</sup>	State Tournament @ UVU	those that Qualify	those that Qualify

**2-a-day practice begins 5:00 am November 10<sup>th</sup> (bring running shoes)**