

| Date | Opponent/Competition | JV | Varsity |
|--|--|----|---------|
| Oct 23-Nov 5 | Open Mat | | |
| November 6 | Practice Starts | | |
| November 17th | Body Fat/Hydration Testing @ Duchesne | | |
| November 17th | Extinction Event Practice | | |
| November 22nd | Blue/White | | |
| November 23rd- 26th | Moratorium | | |
| November 28 th | @ Duchesne | | |
| December 1-2 nd | Moab Invitational (Varsity and JV) | | |
| December 5th | Manti | | |
| December 7th | Union | | |
| December 8-9 | Thunder Duals @ Deseret Hills (Jv and Varsity) | | |
| December 13 th | @ N. Sevier | | |
| December 14 th | @ ALA | | |
| December 15th-16 th | Manti Tournament 400 (JV and Varsity) | | |
| December 19 th | @ Emery | | |
| December 22-26 | Moratorium | | |
| January 1st | Moratorium | | |
| January 4 th | @ Delta | | |
| January 5 th | State Duals @ Richfield (JV and Varsity) | | |
| January 11th | Juab | | |
| January 12-13 th | TOC @ Vernal | | |
| January 18 th | @ S. Sevier | | |
| Jan 24th | San Juan | | |
| January 25 th | @ Richfield | | |
| January 26-27 th | South Sevier Tournament | | |
| February 2-3 rd | Divisional Wrestling Tournament | | |
| February 9 th -10 th | State Wrestling | | |