

Vista Ridge Composite Wrestling Schedule 2022-2023

Varsity

Date	Day	Event	Location	Time
11-16-2022	WED	Red and Black Wrestle- Off	Vista Ridge HS	6:30pm
11-18/19-2022	F/S	Capital Classic	Austin Bowie HS	3pm/8am
11-23-2022	TUE	Scrimmage vs Lake Travis and Westlake	Lake Travis	9:00am
12-3/4-2022	F/S	Rockwall Invitational	Rockwall HS	5pm/9am
12-7-2022	WED	Tri-Meet vs New Braunfels and TBD	New Braunfels HS	6:00pm
12-10-2022	SAT	Russ Peterson Invitational	Johnson HS (San Antonio)	8:00am
12-16-2022	FRI	Hill Country Duals	Vista Ridge HS	6:00pm
12-17-2022	SAT	Hill Country Invitational	Vista Ridge HS	8:00am
12-28-2022	WED	Tri Meet vs Glenn and Harker Heights	Vista Ridge HS	12:00pm
1-6/7-2023	F/S	Cy Fair Invitational	Berry Center (Houston)	8:00am
1-11-2023	WED	Dual vs Westlake (Lunchroom Brawl)	Vista Ridge HS	12:00pm
1-14-2023	SAT	Cavalier Invitational	Lake Travis HS	8:00am
1-18-2023	WED	Dual vs McNeil	McNeil HS	6:00pm
1-20/21-2023	F/S	Ranger Classic	Dallas Jesuit HS (Dallas)	4pm/8am
1-25-2023	WED	Dual vs Austin Bowie ({Senior Night }	Vista Ridge HS	6:30pm
2-1-2023	WED	District Tournament	Vandegrift HS	8:00am
2-10/11-2023	F/S	Regional Tournament	Blossom Athletic Center	8:00am
2-17/18-2023	F/S	State Tournament	Berry Center (Houston)	8:00am

Junior Varsity

Date	Day	Event	Location	Time
11-16-2022	WED	Red and Black Wrestle- Off	Vista Ridge HS	6:30pm
11-18-2022	F	Capital Classic	Austin Bowie HS	8:00am
11-23-2022	TUE	Scrimmage Lake Travis and Westlake	Lake Travis	9:00am
11-30-2022	WED	Vandegrift JV Scramble	Vandegrift HS	5:00pm
12-9-2022	FRI	Dripping Springs JV Invitational	Dripping Springs HS	2:00pm
12-28-2022	WED	Tri meet vs Glenn and Harker Heights	Vista Ridge HS	12:00pm
1-11-2023	WED	Vista Ridge JV Scramble	Vista Ridge HS	5:00pm
1-14-2023	SAT	Cavalier Invitational	Lake Travis HS	8:00am
1-18-2023	WED	Dual vs McNeil	McNeil HS	6:00pm
1-21-2023	SAT	Ranger Classic	Dallas Jesuit HS (Dallas)	8:00am
1-27-2023	FRI	District Tournament	Vandegrift HS	8:00am

Girls Varsity

Date	Day	Event	Location	Time
11-16-2022	WED	Red and Black Wrestle- Off	Vista Ridge HS	6:30pm
11-18/19-2022	F/S	Capital Classic	Austin Delco Center	4pm/8am
11-23-2022	TUE	Scrimmage Lake Travis and Westlake	Harker Heights	1:00pm
12-2/3-2022	F/S	Rockwall Invitational	Rockwall HS (Dallas)	5:00pm/8am
12-7-2022	WED	Tri-Meet vs NB and TBD	New Braunfels HS	6:00pm
12-10-2022	SAT	Russ Peterson Invitational	Johnson HS (San Antonio)	8:00am
12-16-20122	FRI	Hill Country Duals	Vista Ridge (Cafeteria)	6:00pm
12-17-2022	SAT	Hill Country Classic	Vista Ridge HS	8:00am
12/28/2022	WED	Tri Meet vs Glenn and Harker Heights	Vista Ridge HS	12:00pm
1-/6/7-2023	F/S	Cy Fair Invitational	Berry Center (Houston)	8:00am
1-11-2023	WED	Dual vs Westlake (Lunchroom Brawl)	Vista Ridge HS	12:00pm
1-14-2023	SAT	Cavalier Invitational	Lake Travis HS	8:00am
1-18-2023	WED	Dual vs McNeil	McNeil HS	6:00pm
1-21-2023	SAT	Cougarette Classic	New Braunfels Canyon HS	8:00am
1-25-2023	WED	Dual vs Austin Bowie - Senior Night	Vista Ridge HS	6:00pm
2-1-2023	WED	District Tournament	Vandegrift HS	8:00am
2-10/11-2023	F/S	Regional Tournament	Blossom Athletic Center	8:00am
2-17/18-2023	F/S	State Tournament	Berry Center (Houston)	8:00am

Principal: Paul Johnson
Athletic Coordinator: Chad Scott

Athletic Director: Jonathon Lamb
Athletic Trainers: Jose Carrillo &

