

| DATE | WEEK DAY | TYPE | OPPONENTS | START TIME | END TIME | LOCATION | TRANSPORTATION | LEAGUE / NON-LEAGUE |
|--------------|----------|--|--|------------|----------|--|----------------|---------------------|
| Dec 3, 2022 | Sat | Regular Season (Captain Bailey Memorial Tounament) | Beaver River, Cobleskill- Richmondville, Dolgeville, Little Falls, Liverpool, Lowville, New Hartford, Northern Adirondack, South Jefferson, South Lewis @ Adirondack | 7:30 AM | 5:00 PM | HS Gym | | NL |
| Dec 8, 2022 | Thu | Regular Season | Carthage @ South Jefferson | 6:30 PM | | SJ HS/MS Gym 2 (HS) | | L |
| Dec 13, 2022 | Tue | Regular Season | South Jefferson @ South Lewis | 6:00 PM | | South Lewis HS Gymnasium | | L |
| Dec 21, 2022 | Wed | Regular Season | General Brown @ South Jefferson | 6:30 PM | | SJ HS/MS Gym 2 (HS) | | L |
| Jan 4, 2023 | Wed | Regular Season | South Jefferson @ Indian River | 6:00 PM | 8:00 PM | Indian River Middle School Gym#1 (Main Office) | | L |
| Jan 10, 2023 | Tue | Regular Season | South Jefferson @ Copenhagen | 6:00 PM | | Copenhagen Central School | | L |
| Jan 11, 2023 | Wed | Regular Season | Lowville @ South Jefferson | 6:30 PM | | SJ HS/MS Gym 2 (HS) | | L |
| Jan 18, 2023 | Wed | Regular Season | South Jefferson @ Beaver River | 6:30 PM | | Beaver River H S | | L |
| Jan 21, 2023 | Sat | Regular Season (FL Wrestling Tournament) | Carthage, Copenhagen, General Brown, Immaculate Heart Central, Watertown, Indian River, Lowville, South Jefferson, South Lewis, Watertown @ Beaver River | 8:00 AM | | Beaver River H S | | L |
| Jan 24, 2023 | Tue | Regular Season | Watertown, Immaculate Heart Central, Watertown @ South Jefferson | 6:30 PM | | SJ HS/MS Gym 2 (HS) | | L |

Date: 2025-12-17