

UHS SPORTS SCHEDULE

G SOCCER

8/13/09	Carbon (Away)
8/14/09	vs Hillcrest (Away)
8/18/09	Wasatch (Away)
8/21/09	vs Copperhills (Away)
9/1/09	Salem Hills (Away)
9/3/09	Maple Mountain (Home)
9/10/09	Springville (Away)
9/15/09	Payson (Home)
9/17/09	Salem Hills (Home)
9/22/09	Maple Mountain (Away)
9/24/09	Spanish Fork (Away)
9/29/09	Springville (Home)
10/1/09	Payson (Home)
10/6/09	Spanish Fork (Home)
10/8/09	Region Playoffs
10/13/09	State Playoffs
10/15/09	State Quarter Finals
10/22/09	State Semi Finals
10/23/09	State Semi Finals
10/24/09	State Semi Finals

GOLF

8/13/09	Region Meet @ Soldier Hollow
8/18/09	Region Meet @ Dinahland Golf (Home)
8/24/09	@ Hobblecreek - JV
8/24/09	Region Meet @ Gladstan - V
8/31/09	Region Meet @ Spanish Oaks
9/3/09	Region Meet @ Gladstan - JV
9/8/09	Region Meet @ Hobblecreek
9/14/09	Region Meet @ Gladstan
9/21/09	Region Meet @ Spanish Oaks
9/28/09	Region Meet @ Soldier Hollow
10/7/09	State @ Soldier Hollow
10/8/09	State @ Soldier Hollow
3/22/10	Region Meet
3/29/10	Region Meet @ Gladstan
4/12/10	Region Meet @ Dinahland
4/19/10	Region Meet @ Hobblecreek
4/26/10	Region Meet @ Gladstan
5/4/10	Region Meet
5/12/10	State Meet

G. TENNIS

8/26/09	Park City (Home)
8/27/09	Payson (Away)
9/1/09	Salem Hills (Away)
9/2/09	vs Ben Lomond (Away)
9/3/09	Maple Mountain (Home)
9/8/09	Spanish Fork (Home)
9/10/09	Springville (Away)
9/11/09	St. George Tournament
9/12/09	St. George Tournament
9/15/09	Payson (Home)
9/17/09	Salem Hills (Home)
9/22/09	Maple Mountain (Away)
9/24/09	Spanish Fork (Away)

9/29/09	Springville (Home)
10/2/09	Region Tournament @ Spanish Fork
10/3/09	Region Tournament @ Spanish Fork
10/3/09	Tournament @ Spanish Fork - JV
10/9/09	State @ Liberty Park
10/10/09	State @ Liberty Park

FOOTBALL

9/18/09	Spanish Fork (Home)
9/25/09	Springville (Away)
10/2/09	Salem Hills (Away)
10/9/09	Maple Mountain (Home)
10/22/09	Payson (Away)
10/30/09	1st Round State
10/31/09	1st Round State
11/6/09	State Qtr Finals
11/7/09	State Qtr Finals
11/12/09	State Semi Finals
11/20/09	State Finals

VOLLEYBALL

9/24/09	Maple Mountain (Home)
10/1/09	Springville (Away)
10/6/09	Payson (Home)
10/8/09	Salem Hills (Home)
10/14/09	Maple Mountain (Away)
10/20/09	Spanish Fork (Away)
10/22/09	Springville (Home)
10/27/09	Payson (Away)
11/6/09	State @ UVU
11/7/09	State @ UVU

SWIMMING

10/16/09	Region Meet @ Springville
10/17/09	Region Meet @ Springville
11/7/09	Region Meet @ Uintah
11/17/09	Region Meet @ Springville
12/17/09	Region Meet @ Springville
1/22/10	Region Championships @ Uintah
1/23/10	Region Championships @ Uintah
2/5/10	State Championships @ BYU
2/6/10	State Championships @ BYU

CROSS COUNTRY

10/21/09	State
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WRESTLING

11/24/09	Red & White Wrestle-offs
12/3/09	Duchesne Dual (Away) - JV
12/4/09	Evanston Tournament - JV
12/4/09	Millard Duals
12/5/09	Evanston Tournament - JV
12/5/09	Millard Duals
12/11/09	Brandon Duals (Florida)
12/11/09	Cougar Duals (Away) - JV
12/12/09	Brandon Duals (Florida)

12/12/09 Rock Springs Tournament (Away) - JV
 12/17/09 Spanish Fork (Home)
 12/18/09 Warrior Classic Tournament (Grand Jct.)
 12/19/09 Warrior Classic Tournament (Grand Jct.)
 1/6/10 Wasatch (Home)
 1/7/10 Payson (Home)
 1/8/10 Tournament of Champs (Home)
 1/9/10 Tournament of Champs (Home)
 1/13/10 Salem Hills (Away)
 1/14/10 Springville (Away)
 1/15/10 Green River Duals
 1/16/10 Green River Duals
 1/20/10 Maple Mountain (Away)
 1/22/10 Top of the Rockies Tournament
 1/23/10 Longmont Tournament (Away) - JV
 1/23/10 Top of the Rockies Tournament
 1/28/10 Region @ Springville - JV
 2/4/10 Region @ Maple Mountain - V
 2/5/10 Region @ Maple Mountain - V
 2/10/10 State @ UVU
 2/11/10 State @ UVU
 2/12/10 State @ UVU

G BASKETBALL

12/4/09 Uintah Classic
 12/5/09 Uintah Classic
 12/8/09 Union (Home)
 12/11/09 vs Copper Hills (Away)
 12/12/09 vs Hunter (Away)
 12/18/09 vs Grantsville (Home)
 12/19/09 vs Stansberry (Home)
 12/22/09 vs Westlake (Away)
 12/30/09 vs Duchesne (Away)
 1/8/10 vs Park City (Away)
 1/12/10 Payson (Away)
 1/15/10 Salem Hills (Home)
 1/19/10 Springville (Away)
 1/22/10 Maple Mountain (Away)
 1/26/10 Spanish Fork (Home)
 1/29/10 Payson (Home)
 2/2/10 Salem Hills (Away)
 2/9/10 Springville (Home)
 2/11/10 Maple Mountain (Home)
 2/16/10 Spanish Fork (Away)
 2/23/10 State Tournament
 2/25/10 State Tournament
 2/26/10 State Tournament
 2/27/10 State Tournament

B BASKETBALL

1/12/10 Payson (Away)
 1/15/10 Salem Hills (Home)
 1/22/10 Maple Mountain (Away)
 1/26/10 Spanish Fork (Home)
 1/29/10 Payson (Home)
 2/2/10 Salem Hills (Away)
 2/9/10 Springville (Home)
 2/16/10 Spanish Fork (Away)
 2/19/10 Maple Mountain (Home)
 2/24/10 Springville (Away)
 3/2/10 State Tournament
 3/4/10 State Tournament
 3/5/10 State Tournament
 3/6/10 State Tournament

BASEBALL

3/1/10 Tryouts Begin
 3/10/10 Emery (Away)
 3/11/10 JV & Soph vs. Moffat (Home)
 3/18/10 @ Farmington, New Mexico
 3/19/10 @ Farmington, New Mexico
 3/20/10 @ Farmington, New Mexico
 3/23/10 Maple Mountain (Dbl Header) (Home)
 3/26/10 Salem Hills (Away)
 3/30/10 Springville (Dbl Header) (Away)
 4/2/10 Spanish Fork (Home)
 4/6/10 Emery (Home)
 4/7/10 JV & Soph @ Moffat (Away)
 4/13/10 Spanish Fork (Dbl Header) (Away)
 4/16/10 Payson (Away)
 4/20/10 Salem Hills (Dbl Header) (Home)
 4/27/10 Springville (Home)
 4/29/10 Maple Mountain (Away)
 5/3/10 Payson (Dbl Header) (Home)
 5/11/10 Region Playoffs
 5/12/10 Region Playoffs
 5/18/10 State Tournament
 5/19/10 State Tournament
 5/20/10 State Tournament
 5/21/10 State Tournament

TRACK

3/9/10 Spanish Fork (Away)
 3/25/10 Mt. Timpanogos Invitational
 3/26/10 Mt. Timpanogos Invitational
 4/9/10 Utah County Invitational @ Payson
 4/10/10 Utah County Invitational @ Payson
 4/20/10 Maple Mtn., Spanish Fork @ Uintah
 5/1/10 BYU Invitational
 5/5/10 Region @ Maple Mountain
 5/6/10 Region @ Maple Mountain
 5/11/10 Region @ Salem Hills - JV
 5/14/10 State @ BYU
 5/15/10 State @ BYU

B TENNIS

3/25/10 Salem Hills (Away)
3/30/10 Spanish Fork (Home)
4/1/10 Springville (Away)
4/13/10 Maple Mountain (Home)
4/15/10 Payson (Away)
4/20/10 Salem Hills (Home)
4/22/10 Spanish Fork (Away)
4/27/10 Springville (Home)
4/29/10 Payson (Home)
5/4/10 Maple Mountain (Home)
5/6/10 Region @ Salem Hills
5/7/10 Region @ Salem Hills
5/11/10 Region Meet @ Salem Hills - JV
5/14/10 State @ Liberty Park
5/15/10 State @ Liberty Park

B SOCCER

3/30/10 Spanish Fork (Home)
4/1/10 Springville (Away)
4/13/10 Maple Mountain (Home)
4/15/10 Payson (Away)
4/20/10 Salem Hills (Home)
4/22/10 Spanish Fork (Away)
4/27/10 Springville (Home)
4/29/10 Payson (Home)
5/4/10 Maple Mountain (Away)
5/6/10 Salem Hills (Away)
5/12/10 State Playoffs
5/14/10 State Qtr Finals
5/18/10 State Semi-Finals
5/19/10 State Semi-Finals
5/20/10 State

SOFTBALL

3/26/10 Salem Hills (Away)
3/30/10 Spanish Fork (Home)
4/2/10 Springville (Away)
4/13/10 Maple Mountain (Home)
4/16/10 Payson (Away)
4/20/10 Salem Hills (Home)
4/23/10 Spanish Fork (Away)
4/27/10 Springville (Home)
4/29/10 Payson (Home)
5/4/10 Maple Mountain (Away)
5/11/10 Region Playoffs
5/12/10 Region Playoffs
5/18/10 State Playoffs
5/19/10 State Playoffs
5/20/10 State Playoffs