

Southern Regional High School Athletics
2019-20 Winter Break Schedule

Saturday, December 21, 2019 – 5am to 9pm

Girls Swim – Dry Land practice – 7:45am to 10am – 9/10 cafeteria and 9-hall
Girls Basketball Practice – 8am to 10am – 7/8 gym
Wrestling - Robin Leff Tournament – 9am - 11/12 gymnasium
Boys Basketball vs Washington Twp at Cherokee High School – 4:30pm

Sunday, December 22, 2019 – 8am to 12pm

Girls Basketball Practice – 8:15am to 10:15pm – 11/12 gym
Boys Basketball Practice – 8:15am to 11:15am – 9/10 gym

Monday, December 23, 2019 - 8am to 9pm

Wrestling Practice – 9am to 1pm – 9/10 & 11/12 wrestling room
Girls Swimming Practice – 1:30pm to 3:30pm – SF Center LBI – No Bus Needed
Boys Swimming Practice – 12pm to 3pm – SF Center LBI – No Bus Needed
Boys Winter Track Practice – 9am to 12 pm; Throwers in 11/12 weight room & cafeteria
Host Girls Basketball Tournament Game – 10:00 am – 11/12 gymnasium
Host Girls Basketball Tournament Game – 11:45am – 11/12 gymnasium
Host Girls Basketball Tournament Game – 1:30pm – 11/12 gymnasium
Host Girls Basketball Tournament Game – 3:15pm – 11/12 gymnasium
Host Boys Basketball Tournament Game – 12pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 1:45 pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 3:30pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 5:15 pm – 9/10 Gymnasium
Ice Hockey – Winding River Holiday Tournament vs Brick Twp – 2pm – 12:15pm bus

Tuesday, December 24, 2019 – 8am to 12pm

Boys Basketball Practice – 8am to 11am
Girls Basketball Practice – 8am to 11am
Wrestling Practice – 9am to 11am

Wednesday, December 25, 2019 – School Closed

Thursday, December 26, 2019- 8am to 10pm

Wrestling Practice – 9am to 1pm – 11/12 wrestling room
Boys Winter Track Practice – 8am to 11am; Throwers in 11/12 weight room & cafeteria
Host Girls Basketball Tournament Game – 10:00 am – 11/12 gymnasium
Host Girls Basketball Tournament Game – 11:45am – 11/12 gymnasium
Host Girls Basketball Tournament Game – 1:30pm – 11/12 gymnasium
Host Girls Basketball Tournament Game – 3:15pm – 11/12 gymnasium
Ice Hockey –Winding River Holiday Tournament vs TBA–
Girls Swimming Practice – 1:30pm to 3:30pm – SF Center LBI – No Bus Needed
Boys Swimming Practice – 12pm to 3pm – SF Center LBI – No Bus Needed

Friday, December 27, 2019 – 6am to 9pm

Boys Winter Track Practice – 8am to 11am; Throwers in 11/12 weight room & cafeteria
Middle School Wrestling Tournament – 11/12 gymnasium
Girls Basketball Practice – 8am to 10am
Boys Basketball Practice – 9am to 12pm
Wrestling Practice – 9am to 1pm – 11/12 wrestling rooms
Host Boys Basketball Tournament Game – 12pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 1:45 pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 3:30pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 5:15 pm – 9/10 Gymnasium
Ice Hockey –Winding River Holiday Tournament vs TBA–
Girls Swimming Practice – 1:30pm to 3:30pm – SF Center LBI – No Bus Needed
Boys Swimming Practice – 12pm to 3pm – SF Center LBI – No Bus Needed
JV Wrestling at Manalapan Tournament – Bus 6:30am

Saturday, December 28, 2019- 5am to 10pm

Boys Winter Track Practice – 8am to 11am; Throwers in 11/12 weight room & cafeteria
Wrestling Practice – 10am to 2pm – 9/10 & 11/12 wrestling rooms
Host Girls Basketball Tournament Game – 10:00 am – 11/12 gymnasium
Host Girls Basketball Tournament Game – 11:45am – 11/12 gymnasium
Host Girls Basketball Tournament Game – 1:30pm – 11/12 gymnasium
Host Girls Basketball Tournament Game – 3:15pm – 11/12 gymnasium
Host Boys Basketball Tournament Game – 12pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 1:45 pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 3:30pm – 9/10 Gymnasium
Host Boys Basketball Tournament Game – 5:15 pm – 9/10 Gymnasium
Wrestling – Hunterdon Central Wrestling Tournament – TBD – 6:00am bus
JV Wrestling – Brick Memorial Tournament - 7am bus

Sunday, December 29, 2019 – School Closed

Monday, December 30, 2019 5am to 9pm

Snow Date for Score at the Shore Tournament – TBA

Cheerleading – 8am to 10am – 9/10 Gym A

Girls Winter Track Practice – 11am to 1pm

Wrestling Practice – 9am to 1pm

Boys Track – 9am to 11am

Boys & Girls Swim meet vs Barnegat at SF Center – LBI – 4 pm- 2 buses at 2:30pm

Ice Hockey Practice – Optional Skate – Winding River Rink, Toms River, NJ

Tuesday, December 31, 2019 9am to 1pm

Wrestling Practice – 9/10 & 11/12 Wrestling Rooms

Girls Swimming Practice – 1:30pm to 3:30pm – SF Center LBI – No Bus Needed

Cheerleading Practice – 9am to 11am – 9/10 Gym A

Wednesday, January 1, 2020 – 9am to 1pm

Wrestling Practice – 9/10 & 11/12 Wrestling Rooms

Thursday, January 2, 2020

Back to School – Normal Schedule

Doors that will be open are Front 11/12 doors & 9/10 1000 doors

Please do not be in the building when the building is closed!

Any changes will be updated on the following websites.

Athletics.srsd.net or www.srsd.net & click athletics tab

Twitter: @DonohueJr

HAVE A WONDERFUL AND SAFE HOLIDAY!!!

Please support our teams over the break!!! #RamPride