| Women's Individual Wrestling | | | Friday, February 7, 2025 | | | | | | | | | Saturday, February 8, 2025 | | | | | | | |
|------------------------------|---------|-----------------|---------------------------|---------|---------|---------|----|----|----|----|-----------------------------|----------------------------|----------|----------|----------|----------|----------|----------|--------------|
| Class | Region | Site | Weigh Ins | R1 | R2 | R3 | R4 | R5 | R6 | R7 | Weigh Ins | R1 | R2 | R3 | R4 | R5 | R6 | R7 | |
| Open | East | Havelock | 3:30 PM | 5:00 PM | | | | | | | 7:30 AM | | 9:00 AM | 11:30 AM | 2:30 PM | | | | |
| Open | Mideast | Panther Creek | | | | | | | | | 8:00 AM | 9:30 AM | 11:30 AM | 1:30 PM | 2:30 PM | 3:30 PM | 4:30 PM | 5:30 PM | |
| Open | Midwest | A.L. Brown | 3:45 PM | 5:00 PM | 6:45 PM | 7:45 PM | | | | | 7:30 AM | | | | 9:00 AM | 10:00 AM | 11:00 AM | 12:45 PM | |
| Open | West | North Henderson | | | | | | | | | | | | | | | | | Not Received |
| | | | | | | | | | | | | | | | | | | | |
| Men's Individual Wrestling | | | Friday, February 14, 2025 | | | | | | | | Saturday, February 15, 2025 | | | | | | | | |
| Class | Region | Site | Weigh Ins | R1 | R2 | R3 | R4 | R5 | R6 | R7 | Weigh Ins | R1 | R2 | R3 | R4 | R5 | R6 | R7 | Updated |
| 1A | East | Rosewood | | | | | | | | | | | | | | | | | Not Received |
| 1A | West | Cherryville | | | | | | | | | | | | | | | | | Not Received |
| 2A | East | Ayden-Grifton | 4:00 PM | 5:00 PM | 7:00 PM | | | | | | 8:00 AM | | | 9:15 AM | 10:30 AM | 12:00 PM | | | |
| 2A | Mideast | Morehead | 4:30 PM | 6:00 PM | | | | | | | 8:00 AM | | | | 9:30 AM | | | | |
| 2A | Midwest | Lexington | | | | | | | | | 7:30 AM | 9:00 AM | 11:00 AM | 1:00 PM | 2:00 PM | 3:00 PM | 4:00 PM | 5:00 PM | |
| 2A | West | West Lincoln | 4:00 PM | 5:30 PM | 6:30 PM | | | | | | | | | | | | | | Not Received |
| 3A | East | Croatan | 3:30 PM | 5:00 PM | 7:30 PM | | | | | | 7:30 AM | | | 8:30 AM | 10:00 AM | 11:30 AM | | | |
| 3A | Mideast | Cedar Ridge | | | | | | | | | | | | | | | | | Not Received |
| 3A | Midwest | North Davidson | 4:00 PM | 5:30 PM | 6:30 PM | | | | | | 7:30 AM | | | 9:00 AM | 10:30 AM | | | | |
| 3A | West | Pisgah | | | | | | | | | | | | | | | | | Not Received |
| 4A | East | Wakefield | 4:30 PM | 6:00 PM | 8:00 PM | | | | | | 8:00 AM | | | | 9:15 AM | | | | |
| 4A | Mideast | Green Level | 4:00 PM | 5:30 PM | 7:30 PM | | | | | | 8:00 AM | | | | 9:30 AM | | | | |
| 4A | Midwest | Davie | 3:30 PM | 5:00 PM | 7:00 PM | | | | | | 7:30 AM | | | 9:00 AM | 10:30 AM | 12:00 PM | 1:30 PM | | |
| 4A | West | Olympic | 3:30 PM | 5:00 PM | 7:00 PM | | | | | | 7:30 AM | | | | 9:00 AM | 10:30 AM | 12:00 PM | 1:30 PM | |