

1st Annual District # 7 Club Duals



When: Sunday February 28th 2010

Where: Nebraska City High School

Times:

K-5th: weigh-ins 9:00-10:00am wrestling starts 10:30 am

6th-8th: weigh-ins 11:00am-12:00pm wrestling starts 12:30pm

Entry Fee:

\$125 per team (\$50 discount if you enter a team in both divisions)

Limited to the first 9 teams per division

Divisions: K-5th and 6th-8th

K-5th Weights: 50, 55, 60, 65, 70, 75, 80, 85, 90, 100, 105, 112, 120, 140

6th-8th Weights: 72, 77, 83, 89, 95, 102, 110, 119, 128, 138, 150, 170, 190, 230

Awards: 2 team plaques and medals per division

Tournament Format:

Pool format

Every team will wrestle at least 4 duals

Rules:

Dual scoring is as follows

Decision (win by 6 or less points) 3 pts

Major Decision (win by 7-11 points) 4 pts

Tech Fall (win by 12 points) 5 pts

Fall or Forfeit 6 pts

Match Rules will follow USA Sanctioned Rules

To enter a team: Contact Tyler Hodges @ (402) 480-0546 or thodges@esu6.org

