

18th Annual Pine Valley Invitational Wrestling Tournament

Saturday, December 28th, 2013

Please include all the wrestlers you plan to bring. Remember that you may enter 17 wrestlers in the tournament with two entries per weight class and all will count for team points. There is a maximum of 16 entries per weight class.

The two-pound growth allowance takes place on December 25th so the weights we will be using are: 101, 108, 115, 122, 128, 134, 140, 146, 154, 162, 172, 184, 197, 222, & 287.

Min wts for 7th & 8th: over 91 for 101, over 96 for 108, over 185 for 222, & over 210 for 287.

Please place wrestlers in the correct weight class so we have as few changes as possible the morning of the tournament.

Return entries to me by December 24,

by e-mail: rbrown@pval.org

by fax (Pine Valley Fax # 988-3139),

or mail (Wrestling Coach

Pine Valley Central School

7827 Rt 83

South Dayton, NY 14138).

or call (Cell: 716-720-0378, Home: 716-988-5520, School: 716-988-3276)

Teams expected to be entered are: Cattaraugus-Little Valley/Pine Valley; Chaut/Panama/Ripley/Westfield; Eden; Falconer (B); Franklinville; Holland; Niagara Falls; Springville; and Wilson.

Wrestling will take place in two gyms that are 150 feet apart, with two mats in the big gym and two mats in the small gym. We will keep each weight class in the same gym the entire tournament, (101-146 in small gym, 154-287 in big gym). Having two coaches will help speed things along. Due to lack of locker rooms and space around the mats we ask that you do not bring cheerleaders.

Weigh-ins will be from 7:30 to 8:30 AM. Please be on time. Coaches meeting will be from 9:00 to 9:20. Wrestling begins as close to 9:30 as possible. We will wrestle 3 rounds, take a 15 minute break for lunch, then wrestle the remaining 3 rounds. Coaches' select the outstanding wrestler. Weight class awards should be available after wrestling is completed or will be mailed approximately one week after tournament. Expect to be finished about 9:30 PM.

If you haven't sent your entry fee yet, please bring it to the tournament. Make check out to Pine Valley Central School; \$15 for each wrestler.

Cattaraugus-Little Valley / Pine Valley Coach
Rex Brown 720-0378