

# 2<sup>ND</sup> ANNUAL PAL-MAC VARSITY WRESTLING DUALS

Dear Coach:

**SUBJECT** PAL-MAC DUALS

**DATE:** Saturday, December 7<sup>TH</sup> 2013

**TOURNAMENT ENTRY FEE:**

Please Make Check Payable to Pin and Win Wrestling Club

Mail to Palmyra-Macedon High School 151 hyde parkway Palmyra, NY 14522 attn: Brian Quick

Team- \$325.00

**FORMAT-** Three pools of 4 teams each. You will wrestle three matches in your pool followed by two crossover matches with teams with similar records.

**TEAMS PARTICIPATING 2013**

PAL-MAC

WEBSTER THOMAS

CANISTEO-GREENWOOD

WATERLOO

LANCASTER

SOUTH SENECA

MIDLAKES

CHEEKTOWAGA

PITTSFORD

WILLIAMSON

LANSING

CANANDAIGUA

**SCHEDULE:**

**\*\*WEIGH-INS\*\***- scales open at 7:30am

Round 1-8:30-10:00 (6 mats) (1vs2)(3vs 4))

Round 2- 10:00-11:30 (1vs3)(2vs4)

Round 3- 11:30-1:00 (1vs4)(2vs3)

Round 4- 1:00-2:30 Crossover matches Pool A vs B (4 Mats)

Round 5- 2:30-4:00 Crossover matches Pool A vs C

Round 6-4:00-5:00- Crossover matches Pool B vs C

**REGULATION HIGH SCHOOL WEIGHT CLASSES-**

**99 AND 285 WILL COUNT TOWARDS TEAM SCORING-NO OPTION TO EXCLUDE**

**AWARDS:**

Champion Team receives T-Shirts/

Overall Team Trophy/Pool Team Trophy

Undefeated wrestlers receive t-shirt- must compete in at least 3 matches

MOST OUTSTANDING WRESTLER-old school (just one)

Brian R. Quick(585-490-0083)

## **PAL-MAC DUALS SCHEDULE**

Every team will weigh-in at H.S. in our wrestling Room. Following weigh-ins Pool C teams will be competing the first three rounds at the middle school. It is a short walk. All crossover matches will be held at the High School on 4 mats. Ties in pool records will be separated by cumulative points scored during all three matches minus points scored against.

### ***Pal-Mac High School***

Pool A-        1.Midlakes  
                  2.Webster Thomas  
                  3.Lansing  
                  4.South Seneca

Pool B-        1.Canandaigua  
                  2.Pal-Mac  
                  3.Waterloo  
                  4.Cheektowaga

### ***Pal-mac Middle School***

Pool C-        1.Lancaster  
                  2.Canisteo-Greenwood  
                  3.Williamson-Marion  
                  4.Pittsford

### Round 1

Mat 1- Midlakes vs Webster Thomas

Mat 2- Lansing vs South Seneca

Mat 3- Canandaigua vs Pal-Mac

Mat 4- Waterloo vs Cheektowaga

### Round 2

Mat 1- Canandaigua vs Waterloo

Mat 2- Pal-Mac vs Cheektowaga

Mat 3- Midlakes vs Lansing

Mat 4- Webster Thomas vs South Seneca

### Round 3

Mat 1- Webster Thomas vs Lansing

Mat 2- Midlakes vs South Seneca

Mat 3- Canandaigua vs Cheektowag

Mat 4- Pal-Mac vs Waterloo

### Middle school

#### Round 1

Mat 1- Lancaster vs Canisteo-Greenwood

Mat 2- Williamson vs Pittsford

#### Round 2

Mat 1- Lancaster vs Williamson

Mat 2- Canisteo-Greenwood vs Pittsford

#### Round 3

Mat 1- Canisteo-Greenwood vs Williamson

Mat 2- Lancaster vs Pittsford