## PAL - MAC

## **Ekstrom Youth Wrestling Tournament**

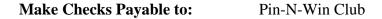
Sunday January 24th, 2016 Pal-Mac High School, 151 Hyde Parkway, Palmyra New York

<b>Registration:</b>	Walk in registration only – Limit 300 wrestlers	
<b>Entry Fee:</b>	\$25.00 Per Wrestler check payable to Pin & Win Club	
	Pai-Mac High School, 151 Hyde Parkway, Paimyra New Yo	ork

## **Split Session Tournament**

- Ages: 5/6 7/8 9/10
  Registration & weigh ins 7:30 8:30 sharp!
- Ages: 11/12 & 13/14
  Registration & weigh ins 7:30 11:00

Wrestling to begin around 9:30



**Spectator Admission:** Adults \$3.00, Kids not wrestling Free

Concessions available all day

**Round Robin Format:** 4 man brackets when possible

No JV or Varsity Experience

**Bouts:** 1-1-1 :45 Sudden Victory OT Followed by :30 ultimate OT if needed

I understand that wrestling is a sport which involves risk. In consideration of this entry being accepted, I hereby, for my child, waive and release any and all rights and claims for damages I may have against the Finger Lakes Youth Wrestling League Inc Palmyra Macedon Central Schools, and their agents and representatives. Furthermore, I take responsibility for any and all injuries suffered by my child at said tournament. I understand that my child must be covered by a health/injury insurance policy and by my signature below certify that he/she is covered. I agree to be responsible for any damages caused by my child. I understand that poor sportsmanship and inappropriate behavior will not be tolerated and will be grounds for removal from the tournament without refund.

Parents Signature		cell #
Wrestlers Name Printed		Age
Team/School		_
Weight(do not fill in)	Record	Years Exp
For Additional info contact: Chr	is VanGorden	cyangorden@midlakes.org (585)880-3463

