



FLWC FALL Classic Girls Freestyle Duals

Grades: Girls K-12

Venue: Cornell University

Date: Saturday, November 19, 2016

Cost: \$500 Per Team-\$150 Down Payment to hold spot.

Full Payment and Roster Due November 1st, 2016

Admission: \$10.00 Adults \$5.00 Children

Weigh-ins: Friday November 18th: 6:00-8:00pm

Saturday November 19th: 7:00-7:45am

Weight Classes:

GIRLS - 55,65,70,75,80,88,95,105,115,125,135,145,155,165,180,215

Matches: Two-2 Minute Periods - USA Freestyle Rules

Team Awards: Team Champs get Custom Awards & Top 3 get Team Plaque

Team Scoring: 6pt Forfeit, 6pt Fall, 5pt Tech, 4pt Major Dec & 3pt Dec

Rules:

1. Each team must provide table help
2. Allowed to bump up 1 weight class
3. Wrestlers can only wrestle for 1 team
4. Coaches Meeting at 8:00am

Payment: Make Checks/Money Order payable to FLWC & Mail to:

FLWC - 142 West Jackson St, Apt 3, Palmyra, NY 14522

OR

Pay via PayPal by logging into www.paypal.com

- 1) Click on Pay or Send Money
- 2) Click Send Money to Friends & Family
- 3) Enter smokinferro@yahoo.com - Click Next
- 4) Enter Amount & Click Send

Contact: Gary Ferro - 607-743-8533 - smokinferro@yahoo.com

****WRESTLERS WILL RECEIVE A FREE TICKET INTO CORNELL MATCH THAT DAY****

