



ALDEN DUALS

January 14th & 15th 2011

Tournament Format:

8 Teams in a Round Robin format with 7 matches scheduled for each team. Teams will wrestle 2 duals on Friday night and 5 duals on Saturday.

NYS Competition Weights:

96,103,112,119,125,130,135,140,145,152,160,171,189,215,285- will count in team scoring.

Payment:

Please make sure that the tournament entry fee has been mailed and/or is brought with you on Friday the 14th. Fee is: \$325.00 for 7 dual matches. Make Payment to **Alden Sports Boosters**.

Food: Refreshments will be available on Friday with Breakfast and Lunch served on Saturday.

Weigh-ins:

Will take place Friday the 14th from 3:30 - 4:30 in the Middle School Locker room and again Saturday the 15th from 7:30 - 8:30 am

Schedule:

Friday 1/14/11

Weigh-ins.....	3:30pm-4:30pm
Coaches meeting.....	4:30pm-4:45pm
Round #1.....	5:00pm - 6:45pm
Round #2.....	7:00pm - 8:45pm

Saturday 1/15/11

Weigh-ins.....	7:30pm-8:30pm
Round #3.....	9:00am-10:45am
Round #4.....	10:45am-12:30pm
LUNCH BREAK.....	12:30pm-1:00pm
Round #5.....	1:00pm-2:45pm
Round #6.....	2:45pm-4:30pm
Round #7.....	4:30pm-6:15pm

*****All times are approximate and based on 8 teams*****

AWARDS:

1. Team trophy to the top 3 teams.
2. Championship T-Shirts to the members of the winning team.
3. MOW Plaques for lightweight and heavyweight wrestlers.
(96-135) & (140-285)

Table Help:

Each team will be responsible for 1 individual for each match to assist with table help. Timer, timer assistant (if needed), match scorer, and team scoring.

Entry:

Please e-mail phutschenreuter@aldenschools.org with your intent to participate and/or questions. Or call (Paul) 716-725-2306.