

1st Annual Greece TNT's Wrestling Explosion Tournament

January 28th 2011



Weigh-Ins: 7:30-8:30

Coaches Meeting: 8:30-9:00

Wrestling Begins: 9:30

Where: Greece Arcadia Middle/High School, 120 Island Cottage Rd, Rochester NY 14612

Format: Round Robin – 6 teams – Each team wrestles 5 duals

Rounds:

1- 9:30, 2- 11:00, 3- 12:30, 4- 2:30, 5- 4:00

Champion Determined By:

- 1) Record
- 2) Head to head
- 3) Points for
- 4) Most pins
- 5) Coin toss

Prizes awarded for:

- 1) Championship T-Shirts
- 2) 1st and 2nd place trophies
- 3) MOW (Light weights and Heavy weights)

Interested? Contact:

Leonard Ward @ 585-766-9648 or Leonard.Ward@hotmail.com