

PAL - MAC

Ekstrom Youth Wrestling Tournament

Sunday January 22, 2012
Pal-Mac High School, 151 Hyde Parkway, Palmyra New York

Entry Fee: \$20.00 Per Wrestler

Make Checks Payable to: Pin-N-Win Club
P.O. Box 181 Palmyra NY 14522

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

Round Robin Format : Emphasis on pinning

No JV or Varsity Experience

Divisions: Ages 5-6 7-8 9-10

- Weigh Ins 7:30 to 8:30
- Wrestling to begin at 9:00

Ages 11-12 13-14

- Weigh Ins 11:30 to 12:30
- Wrestling to begin at 1:00



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

AGE: _____ As of January 22, 2012

School / Club: _____

Wrestler Name: _____

Parent Signature: _____

Phone Number: _____ Weight: _____

For Additional info contact: Bill Toomey (btoomey26@yahoo.com) or Tim Rifenberg (Riffy@rochester.rr.com)