

PAL-MAC VARSITY DUALS

Dear Coach:

SUBJECT PAL-MAC DUALS

DATE: Saturday, December 1st 2012

TOURNAMENT ENTRY FEE:

Please Make Check Payable to Pin and Win Wrestling Club

Mail to Palmyra-Macedon High School 151 hyde parkway Palmyra, NY 14522 attn: Brian Quick

Team- \$325.00

FORMAT- 2 POOLS OF 5 TEAMS IN EACH WITH CROSSOVERS-In the event of two teams with same record in a pool. They will be placed according to cumulative team points scored...minus team points scored against for the 4 rounds in that pool.

TEAMS COMMITTED FOR 2012—

PAL-MAC

WEBSTER THOMAS

CANISTEO-GREENWOOD

WATERLOO

SOUTH SENECA

MIDLAKES

CHEEKTOWAGA

CAMPBELL SAVONA

PITTSFORD

KENDALL

SCHEDULE:

****WEIGH-INS****- scales open at 7:30am

Canisteo-Greenwood & Cheektowaga will have first round bye because of travel distance

Those teams will have until 9:30 to complete weigh-ins. Their first match of the day will Begin in round 2.

All other teams must complete weigh-ins by 8:15am... as they will be Wrestling first round at 8:30.

Round 1-8:30-10:00

Round 2- 10:00-11:30

Round 3- 11:30-1:00

Round 4- 1:00-2:30

Round 5- 2:30-4:00

Round 6-4:00-5:00- Two teams with worst records(begin on first available mat from round 5)

Round 7- 5:00-7:00 Championship Round (top8)

REGULATION HIGH SCHOOL WEIGHT CLASSES-

99 AND 285 WILL COUNT TOWARDS TEAM SCORING-NO OPTION TO EXCLUDE

AWARDS:

Champion Team receives T-Shirts/

Trophies for top 3 teams

Undefeated wrestlers receive t-shirt- must compete in at least 3 matches

MOST OUTSTANDING WRESTLER-old school (just one)

Brian R. Quick(585-490-0083)