

# PAL - MAC

## Ekstrom Youth Wrestling Tournament

Sunday Feb. 10

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: Terry Bourgeois (tbourgeois2@rochester.rr.com) or Lisa Lloyd (lloyd1007@verizon.net)