



2010 MIDDIE DUALS WRESTLING TOURNAMENT

MIDDLETOWN HIGH SCHOOL
GARDNER AVE EXT
MIDDLETOWN NY, 10940



January 12th, 2009

Dear Wrestling Coach,

We are excited to be hosting our 1st annual dual tournament with a good mix of teams.

The **Inaugural 2009 Middie Duals** are scheduled for January 15th & 16th at Middletown High School.

The tournament will be run on four mats in two gymnasiums to ensure a smooth running pace throughout the day. The Dual meet rotation will be distributed once all eight teams invited have confirmed their attendance.

The interested teams are posted on the second page, more teams have been invited and we are awaiting their confirmation. Currently we would like to have a maximum of eight teams total from a variety of sections. If you are interested, please reply as soon as possible.

All teams in attendance will be guaranteed 7 matches. Every team will have the opportunity to wrestle each team in attendance.

Sincerely,

Jason Lichtenstein
Head Wrestling Coach
Middletown High School
jlichtenstein@ecsdnm.org
(914) 443-1500 (Cell)

** Please send below form to Middletown High School Athletic Dept c/o Jason Lichtenstein*

- Keep Top Portion For Reference -

_____ Yes, we will be attending the 2009 Middie Duals Tournament on _____.

Athletic Dir. Signature: _____

Team: _____

Coach: _____ Phone: _____

E-mail: _____ Entry Fee \$300: _____



2010 MIDDIE DUALS WRESTLING TOURNAMENT



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GARDNER AVE EXT
MIDDLETOWN NY, 10940

Date: January 15th & 16th 2010

Contact: Jason Lichtenstein
Head Wrestling Coach
914-443-1500 (cell)
845-326-1608 (fax)
jlichtenstein@ecsdsm.org

Potential Teams Invited For 2009:

- | | | |
|---------------------------|-----------------------------|------------------------------|
| ▪ Middletown (Section IX) | ▪ Duanesburg (Section II) | ▪ North Shore (Section VIII) |
| ▪ Petrides (NYC) | ▪ Putnam Valley (Section I) | ▪ Arlington (Section I) |
| ▪ Cornwall (Section IX) | ▪ Albany (Section II) | ▪ Niskayuna (Section II) |

Entry Fee: \$300 / Please send vouchers in advance

Make Checks Payable To: *Middletown Wrestling Booster Club*
c/o Jason Lichtenstein
Middletown High School
Gardner Ave Ext
Middletown NY, 10940

Format: Four Mats, 2 Gyms, 3 duals Friday and 4 on Saturday (*tentative*)

Weigh-ins: Fri. afternoon 2-3:15pm

Weigh-ins: Sat. morning: 8-9am

Weight Classes and Scoring: 96 - 285 (15 weights with +1 lb on second day)

Schedule:

1st Day – Rounds 1-3 (Approx 4:30 start)

2nd Day – Rounds 4-7 (Approx 10am start)

Awards:

- Top 2 Teams will receive a plaque
 - Tie Breakers
 - Head to Head versus team tied with*
 - Total points scored in 7 matches*
- MOW – 96-140, & 145-285lbs (as voted on by the Coaches)
- Aggregate pin award (most pins in least amount of time)

Concession:

There will be a full concession both days for wrestlers – Meals will be provided for coaches.

The Middie Wrestling Booster Club will also be selling commemorative T-shirts complete with team line-ups.

We will need your projected line-up 3 weeks before the tournament in order to finalize the shirt order.

All food and drinks are prohibited in both gymnasiums. Water is the only drink allowed on floors.