

Sandy Creek Duals

12/7/13

Committed: Herkimer, Lowville, Sandy Creek, Port Byron and South Lewis

Weigh-ins 7:30-9:00

Coaches meeting 9:00

Wrestling begins at 9:30

We will wrestle 2 rounds and then take a short break for lunch.

Exhibition matches will be wrestled on the 1st available mat each round. We encourage these matches but don't want to slow the tournament down too much.

Awards: trophies for top 3 teams. MOW for each team.

Please bring a voucher-cost will be divided equally among the 6 teams.

Breakfast, lunch, and concessions will be available.

If you have any questions please feel free to email or call me.

Thanks,

Bill Benedict

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