

Connecticut Freestyle Duals

Sun May 4, at Stamford High School, 55 Strawberry Hill Ave., Stamford CT 06902

(less than 30 minutes from GW and Tappan Zee Bridges)

Format-3 mats, 6 teams, 5 matches, no byes

Matches-3 2-minute periods with 30 second rest between periods.

Registration-\$275

Eligibility-grades 8-12

Weigh-ins-8-9am (by team), 9:30am coaches meeting

Wrestling begins-10 AM

Weight classes- 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, 285 (you may weigh-in two wrestlers per weight class, wrestlers may only bump up one weight class)

Admission-\$3.00, children under 12 free (two coaches per team free)

Each team must provide one official, who will be paid \$100.00 for the day

Awards-Team trophy to champion

Concessions available

For more info, call John Ford, 203-798-0195, please call before 9 PM and leave a message. E-mail palwrestling05-06@hotmail.com.