



 **Mountain Brook Invitational-** 8 teams, traditional tournament, 3/4 mats

**Dates**: January 27th

This will be a traditional tournament. We will wrestle down to fifth place and medal the top three.

**Entry:** $150 per team, make check payable to MBHS Wrestling

**Weigh-ins:** Weigh-in will begin at MBHS Spartan Arena at 7:00am. Wrestling begins at 9

**Awards:** Individual- 1st, 2nd, 3rd

 Team- 1st, 2nd, and 3rd

**Seeding:** Will be done through track wrestling, if you are an out of state team I will need your lineups and seeding information by Thursday @ 5:00.

**Wrestling Sessions:** We will be running up to 3 mats for the first round and for the consolations. We will begin wrestling at 9am and will be on a rolling schedule with a short lunch break. The goal is to be completed shortly after lunch and will stay on track until we run into the 45min rule.

\*\*Hospitality Room will be available for coaches. **Email your confirmation upon receipt of this information!!!**

**CONTACT:**

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