**Eastern NC USA Youth Wrestling League** 

**2022 - 2023 Wrestling Tournament Series**

**\*\*Opportunities for ALL experience levels\*\***

**November 20, 2022 through February 5, 2023**

**Grades Pre-K through 8th Grade**

**Pre-K&K: 35,40,45,50,55,60,70HWT (85 Max)**

**1st-2nd: 40,45,50,55,60,65,70,75, 80, 90,100,110, HWT (125 Max)**

**3rd-4th: 50,55,60,65,70,75,80,85,90,95,100,108,118,128,140,155,HWT (175 Max)**

**5th-6th: 60,65,70,75,80,85,90,95,100,105,110,115,120,125,130,135,140,145,152,160,171,189,HWT(250 Max)**

**7th-8th: 70,75,80,85,90,95,100,105,110,115,120,125,130,135,140,145,152,160,171,189,HWT(250 Max)**

**Locations:**

**- Clayton High School / 600 S Fayetteville St, Clayton, NC**

**- John Paul II Catholic HS / 2725 E 14th St, Greenville, NC**

**- Carolina Pines Community Center / 2305 Lake Wheeler Rd, Raleigh, NC**

**- Langley Gymnastics / 174 W Smithfield St, Angier, NC**

**- Southern Middle School / 209 Southern Middle School Rd, Roxboro, NC**

**- Rosewood HS / 900 Rosewood Rd, Goldsboro, NC**

**Schedule:**
Nov 20th - Open Invitational Clinic for all Experience Levels / @ Clayton HS

- (2pm-4pm) & Takedown Live Wrestling (4pm-5pm) / *$20 Registration Fee*
Dec 4th - Rookie Tournament (2 years or less experience) /Carolina Pines CC, Raleigh / 2pm - 4pm (Weigh Ins 1pm-130pm)
Dec 11th - Rookie Division & Experienced Division / @ Clayton HS / 2pm - 5pm (Weigh Ins 1pm-130pm)

- Pre-K through 4th Grade (Weigh ins: 11am - 12pm / Wrestling @ 1 pm)

- 5th Grade through 8th Grade (Weigh ins: 12pm - 1pm / Wrestling starts @ 230pm)

Dec 18th - Rookie Tournament (2 years or less experience) / @ Langley Gymnastics / 2pm - 4pm (Weigh Ins 1pm-130pm)
Jan 8th - Rookie Tournament (2 years or less experience) / @ JPII HS / 2pm - 4pm (Weigh Ins 1pm-130pm)

Jan 15th - Rookie Tournament (2 years or less experience / @ Southern Middle School / 2pm - 5pm (Weigh Ins 1pm)

Jan 21st - Clash of the Titans Open / for all Experience Levels/ @ JPII HS / *$35 Registration Fee*

Jan 22nd - Rookie Tournament / @ Rosewood HS / 2pm - 5pm (Weigh Ins 1pm-130pm)

Jan 29th - Eastern NC USA Youth Wrestling League ROOKIE Championships / @ Clayton HS

- *$25 Registration Fee (League Championship contestants MUST be regular season Rookie League participants)*

- Pre-K through 8th Grade (Weigh ins 11am -12pm / Wrestling starts @ 1pm)

*$5 Admission Fee (12 and under / USA Coaches FREE)*
**Registration: $20 unless otherwise noted (USA Wrestling & Eastern NC USA League Members)**

Feb 4th & 5th - NC USA Wrestling State Championships / @ Bermuda Run, NC

**Pre-Registration Required:** [**www.trackwrestling.com**](http://www.trackwrestling.com)

**Concessions will be available**

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