

22nd Annual

ABINGTON HEIGHTS
ROOKIE-OPEN

Wrestling
Tournament

Sunday February 25th, 2024

Abington Heights High School
222 Noble Road, Clarks Summit, PA
9:00am Start; Gates 7:45am; Skin/nail 8:45am

Presented by:

Abington Heights Wrestling Booster Club

Meet Director: Tim Swiezak

tim.swiezak@andesaservices.com

Registration

- \$40.00 per wrestler
- Registration closes 7:00pm Thursday Feb 22nd (or sooner if full)
- No 7th graders; No 13-yr olds; No 4-yr olds; No walk-ons

Brackets

- Madison-style based on age/weight on tournament day (and ability level when possible)
- Separate ROOKIE & OPEN brackets
- Some brackets ages may be mixed (e.g., PW/BAN) based on entries
- Random weight checks

Bouts: 1 -1 -1; OT 1 min. sudden victory w/30 sec. ride-out.

Gate: \$5 adults & coaches; \$2 students; FREE wrestlers & kids under 5

Awards: Trophies for top 3 in each bracket

Headgear: Mandatory

ABILITY LEVELS: Rookies **must** enter as 1, 2 or 3; Veterans as 2, 3, 4 or 5

1) Passive: 1st year rookies ONLY; VERY unaggressive; Minimal experience

2) Beginner: Mostly rookies; Have won some tournament matches

3) Competitive: Mostly veterans; Wins 50% of tournament matches

4) Advanced: Veterans only; Wins most matches; Has won tournaments

5) Elite: Frequent tournament winner; Competitive at states/MAWAs