



2024 Dynamic Spring Folk-Style Friday Night Throw Down Wrestling Tournaments

****High School****

Locations: Carolina Pines Community Center
2305 Lake Wheeler Rd.
Raleigh, NC 27603

Dates: March 22nd, April 5th, April 19th,

Weigh-ins: 4:00pm - 4:30 please be on time so we can start at 5:00pm

Wrestling starts: 5:00pm

Wrestling stops: 8:00pm

Age and Weight Divisions

High School: 9th-12 grade

106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 196, 220, HWT

Format: All wrestlers will be put into groups by actual weights (please do not cut weight). Once grouped, they will have three hours to get as many matches as possible. **3 Periods ~ 1 ½ Minutes**

\$3 Admission Fee (6 and under free) CREDIT OR DEBIT CARD ONLY (NO CASH)

Registration: \$20 (These are a no card events) We will take the first 75 registered and paid. **Pre-Registration Required at www.trackwrestling.com**

Awards: No awards, these tournaments are all about mat time

Concessions will be available

Tournament Director: Stan Chambers (919-400-1958)
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