



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: May 10th, May 17th (Last 2 throwdowns for the spring! Coming back this fall)

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

108, 115, 122, 128, 134, 140, 146, 152, 159, 167, 177, 192, 217, 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 Not be available

Tournament Director: Stan Chambers (919-400-1958)
thematroom@yahoo.com