



2025

**Dynamic Spring Folk-Style
Friday Night Throw Down Wrestling Tournaments
High School Boys & Girls**

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

Dates: March 21, March 28, April 4th, April 11th, April 25th, May 10th (Saturday)
Championship tournament with Awards

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

Boys: 108, 115, 122, 128, 134, 140, 146, 152, 159, 167, 177, 192, 217, HWT

Girls: 102, 109, 116, 120, 128, 134, 140, 147, 154, 167, 187, HWT

- If not, enough girl wrestlers sign up, we will put you in a boy's bracket

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

Registration: \$25 (These are no card events) if registered by the Wednesday before the event. \$30 After that. We will take the first 100 registered and paid. Pre-Registration Required at www.trackwrestling.com

\$5 Admission Fee CREDIT OR DEBIT CARD ONLY (NO CASH)

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

Concessions will not be available

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

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