24th Annual
ABINGTON HEIGHTS
ROOKIE-OPEN
Wrestling Tournament

Sunday March 1st, 2026
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
swiezatk@gmail.com

Registration

- https://flowrestling.org/events/15079524
- $40.00 per wrestler; $35 per wrestler for teams of 10 or more
- No refunds
- Registration closes 7:00pm Friday Feb 27th (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 3, 4 or 5

(Please enter skill level into field on registration page)

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*