



2024 Mountain Brook Invitational- 8 teams, traditional tournament, 4 mats

Dates: January 27th , 2022

This will be a traditional tournament. We will wrestle down to fifth place and medal the top three.

Entry: \$225 per team, make check payable to MBHS Wrestling, \$10 for fans

Weigh-ins: Weigh-in will begin at MBHS Spartan Arena at 7:15am. Wrestling begins at 9

Awards: Individual- 1st, 2nd, 3rd

Team- 1st and 2nd

Seeding: Will be done through track wrestling, if you are an out of state team I will need your lineups and seeding information by Thursday @ 5:00.

Wrestling Sessions: We will be running up to 4 mats for this tournament. We will begin wrestling at 9am and will be on a rolling schedule with a short lunch break. The goal is to be completed shortly after lunch and will stay on track until we run into the 45min rule.

****Hospitality Room will be available for coaches. Email your confirmation upon receipt of this information!!!**

CONTACT:

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