

GRIND HOUSE

5 V 5

MICRO-DUALS

First 12 Teams in Each Division

BUILD YOUR TEAM TODAY & GIVE EVERY WRESTLER A CHANCE

Duals are a great experience for young wrestlers.

**Typically only the elite level wrestlers get the opportunity to participate in duals.
UNTIL NOW!**

DIVISIONS

6u - Friday 12/3/2021

Open Skill Level

Weights: 37, 42, 47, 53, 58

Weigh-in: 5:30pm - 6:00pm

Wrestle: 6:30pm - 9:00pm

8u Lower - Saturday 12/4/2021

Novice/Intermediate Skill Level

Weights: 45, 50, 55, 60, 65

Weigh-in: 8:00am - 8:30am

Wrestle: 9:00am - 12:00pm

8u Upper - Saturday 12/4/2021

Novice/Intermediate Skill Level

Weights: 70, 75, 80, 85, 90

Weigh-in: 11:30am - 12:00pm

Wrestle: 12:30pm - 3:30pm

10u Lower - Sunday 12/5/2021

Novice/Intermediate Skill Level

Weights: 56, 62, 68, 74, 80

Weigh-in: 8:00am - 8:30am

Wrestle: 9:00am - 12:00pm

10u Upper - Sunday 12/5/2021

Novice/Intermediate Skill Level

Weights: 86, 92, 98, 105, 120

Weigh-in: 11:30am - 12:00pm

Wrestle: 12:30pm - 3:30pm

How it Works

Each team is made up of (5) dual members in the age/skill/weights indicated. Each team competes in (5) to (6) duals. The estimated time to complete each dual is 30 minutes. Dual teams may have wrestlers from multiple clubs.

Skill Level

Novice/Intermediate: No State Series Medalist
USA Wrestling Card Required

Team Registration

\$200 by Cash or \$225 by Credit Card
TGHWRESTLING@GMAIL.COM

No Gate Fees

Concessions Available

Location

The Athlete Factory
701 Haines Dr, STE 500
Liberty, MO 64068