



# 11<sup>th</sup> ANNUAL WEST VALLEY WRESTLE-RAMA

**LOCATION:** [West Valley High School](#)

**DATE:** Saturday December, 9<sup>th</sup> 2023

**TIME:** Weigh-ins at 8am, Wrestling starts at 9:30am. JV/Girls will wrestle at 10am.

**FORMAT:** 4 pod pooling of 3 teams, 4 duals guaranteed. Tournament will run four mats continuously with a ½ hour break for lunch.

JV mat in another gym. Coaches will pair up wrestlers and keep stats on paper as it will not be scored in Trackwrestling. Girls will also be paired up to wrestle.

**GATE:** \$10 for adults, \$5 for students/seniors

**AWARDS:** Top 3 Teams awarded trophy

**2023 Teams** - Cheney, East Valley, Ephrata, Ferris, Freeman, Lakeside, Lake City, Lewis & Clark, Shadle Park, Timberlake, Walla Walla, West Valley

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