

2016 MAT TOWN SPRING DUALS



Saturday, April 23rd

@ Lock Haven University

6 Elementary Teams

Elementary Duals

- Grades: 2nd - 6th
- Weights: 60, 65, 70, 75, 80, 85, 90, 97, 105, 115, 130
- Wrestling on 3 Mats in Rogers Gymnasium
- Period length: 1-1-1

16 JR/SR High Teams

JR/SR High Duals

- Grades: 7th - 12th
- Weights: 108, 116, 124, 132, 140, 148, 156, 165, 182, 215, HWT
- Wrestling on 8 Mats in Thomas Fieldhouse
- Period length: 130-130-130

***Every wrestler will get 5 matches!**

Address – 401 N. Fairview Street Lock Haven, Pa 17745

Weigh-Ins – Friday 4/22 at Lock Haven TFH 6:30 – 8:00 PM

or Saturday 4/23 – 8:00 – 8:30 AM

*Coaches are encouraged to be present at weigh-ins with team and have completed roster forms.

Start Time-All Wrestling starts at 9:30 am

Coaches Meeting: A Coach from each team is asked to meet at 9:00 AM before wrestling begins

Entry Fee: \$440/Team *Checks Payable to Mat Town USA

Rule Modifications:

- Spandex shorts and top are permitted; singlet recommended; headgear optional
- College out-of-bounds rules apply
- Overtime will be unlimited time until the first point is scored (wrestling on feet only)

Awards: Elementary Team Champions will receive T-shirts
-JR/SR High Champions receive custom camo LHU Singlets