



Stroudsburg Wrestling Club and Dark Knights Freestyle Duals

June 29-30, 2019

Stroudsburg High School
1100 West Main Street
Stroudsburg, Pa 18360

COST: \$650 Per Team - TEAM MUST PAY \$200 DEPOSIT by June 14, 2019 for a spot.

FORMAT: Dual Team wrestling format - 2 Pools of 6 Teams - Each team wrestles 5 matches in their pool and cross bracket for placement. Total of 6 Freestyle Duals.

PERIODS: HS Division (7th - 12th) 2 three minute periods with 30 seconds of rest in between
MS Division (K - 8th) 2 two minute periods with 30 seconds of rest in between

AGES: Any wrestler K thru 12th grade (2018-2019 school year)

ADMISSION: \$7 per Adult and \$3 per Student and Seniors (65 and Older)

WEIGH INS: 7:00am to 9:00am both days and wrestling starts at 10:00 am both days

-Each team will be weighing in the day of the event NO EXCEPTIONS

-Flat weights listed below (No Weight Allowance)

-If a wrestler doesn't make weight He/She will be required to bump up or sit out

WEIGHT CLASSES: (No Weight Allowance)

June 29th - HS Division: 88 94 100 106 113 120 126 132 138 145 152 160 170
182 195 220 285

June 30th - MS Division: 58 63 67 70 74 78 82 86 92 98 108 117 135 160

AWARDS: Team Plaques for 1st thru 4th Place Teams

Team Champion gets shirts for all weighed in wrestlers

ACCOMMODATIONS: Holiday Inn Express & Suites, 1863 West Main Street, Stroudsburg, Pa 18360 - 570 872 9045 *Discounted Rates are reserved under Group Code: DKW*

*** Contact David DeLorenzo for info dippydelorenzo@yahoo.com or 570-688-3188 ***