





Folkstyle Tournament

Where: Pleasant Grove High School

200 south 700 east Pleasant Grove Utah 84062 (801)-785-8700 ext 147,

When: Saturday November 7, 2015

Who: K-9 grade

Why: Fun, improve your wrestling skills, wrestle 3 matches

Folkstyle Styles:

Pre-Registration Only: www.trackwrestling.com Pre-register before 8:00 pm MST on Thursday (11/5/15) Registration

Cost: \$12

Weigh-ins: Each wrestler must enter their exact weight at time of online registration. (Wrestler may change weight until online

registration closes.)

Format: Madison Block 4-man round robin (possible 5 or 6 man bracket depends on the weight class)

Wrestlers will be put into groups of 4 based upon their weight and division.

Each group will be assigned a mat for the tournament and wrestle each other until the bracket is complete.

We will also have staggered starts.

Match Times: Folkstyle: 1-1-1.

10-minute rest time between matches will be honored if requested.

Schedule: Saturday Times subject to change to an earlier start time for session II if the first session finishes early.

Prek-K, 1st-2nd grade, & 3rd-4th grade 5th-6th grade & 7th-9th grade Session I 8:30-11:00am

Session II 11:00- conclusion

USA wrestling Sanctioned event