

Frosh/Soph Duals Wrestling Tournament

Vista Murrieta High School

- What:** Vista Murrieta's Wrestling Program will be hosting the 3rd annual Frosh-Soph Duals Wrestling tournament on January 22, 2011. Last year's tournament went great with 14 teams having 5 duals each and being out of the gym before 4pm. This year we are looking to add more teams to make it a 16-Way.
- When:** Saturday January 22, 2011
- Where:** Vista Murrieta High School
- Weigh-in:** 7:00-8:00am **Must have CIF Pre-Match Weigh-in Form or you don't weigh-in**
- Wrestle:** 9:00am on 5 mats. We will run it fast and efficient to get home as soon as possible. Last year everybody had 5 duals and was gone by 4pm.
- Weights:** CIF weights with 2lb growth allowance
105, 114, 121, etc...
Bring extras: they are free, can be rotated in your lineup, or can fill in gaps in teams.
- Format:** Dual Meet Tournament: 4 pools of 4, top team from each pool wrestle bracket for 1st, 2nd, 3rd, 4th, second in each pool wrestle bracket for 5th, 6th, 7th, 8th, third in each pool wrestle bracket for extra matches, fourth in each pool wrestle toilet bowl bracket. Everybody is guaranteed 5 duals. This format will allow teams to face tough competition in the pools, and then competition of their team's caliber in the small brackets to end the day.
- Entry Fee:** \$225 if paid before Dec 1, 2010, \$250 if paid after Dec 1, 2010. **First 16 teams are in.** Please respond by email ASAP if you will be coming.
- Awards:** Team Medals only: 1st, 2nd, 3rd (14 medals will be given to teams to distribute how they wish)
- Seeding:** Blind Draw, I will try to separate teams if they are in the same league.
- Extra Info:** This tournament is to help Frosh/Soph wrestlers get needed experience. Please don't bring your stud with varsity experience that happens to be a sophomore just so he can dominate everybody and feel good about himself.
- Food:** We will have breakfast burritos for sale in the morning so there is no need to go to breakfast. We will also have a full snack bar with the best tri-tip sandwiches you'll ever eat.
- Questions:** **Coach Jeremy Jarrett**
951-894-5750 ext 6738 class
949 637-3970 cell
jjarrett@murrieta.k12.ca.us

Varsity Duals Wrestling Tournament Vista Murrieta High School

- What:** Vista Murrieta's Wrestling Program will be hosting its 2nd annual Varsity Duals Wrestling tournament on Saturday December 11, 2010. We are looking to make it a 10-Way run on 4 mats so there is hardly any down time.
- When:** Saturday December 11, 2010
- Where:** Vista Murrieta High School
- Weigh-in:** 7:00-8:00am **Must have CIF Pre-Match Weigh-in Form or you don't weigh-in**
- Wrestle:** 9:00am on 4 mats. We will run it fast and efficient to get home as soon as possible.
- Weights:** CIF weights + 2lbs
105, 114, 121, etc...
Bring extras: they are free and can be rotated in your lineup.
- Format:** Dual Meet Tournament: 2 pools of 5, top team from each pool wrestle for 1st, second in each pool wrestle for 3rd, third in each pool wrestle for 5th, fourth in each pool wrestle for 7th. 5th in each pool will wrestle in toilet bowl match. Everybody is guaranteed 5 duals.
- Entry Fee:** \$275 if paid before Nov 15, \$300 if paid after Nov 15. **First 10 teams are in.** Please respond by email or fax ASAP if you will be coming.
- Awards:** Team Medals only: 1st, 2nd, 3rd (14 medals will be given to teams to distribute how they wish)
- Seeding:** Blind Draw, I will try to separate teams if they are in the same league.
- Food:** We will have breakfast burritos for sale in the morning so there is no need to go to breakfast. We will also have a full snack bar with the best tri-tip sandwiches you'll ever eat.
- Questions:** **Coach Jeremy Jarrett**
951-894-5750 ext 6738 class
949-637-3970 cell
951-304-1824 fax
jjarrett@murrieta.k12.ca.us