

Nor Cal Wrestling Academy's New Year's Bash

**Vista Del Lago High School
1970 Broadstone Pkwy
Folsom, CA 95630**

Date: Sunday January 8th, 2023

Entry Fee: \$25 per wrestler

Registration: You can register for the tournament via trackwrestling.

Link: https://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupId=210089132

Weights: Wrestlers will be pooled/bracketed by weight and age.

Weigh-Ins: 6:30-8:00 AM (if you did not register & pay via track)

Wrestling Starts: 9:00 AM, mats open for warm-up at 8 am

Snack Bar: We will have a full snack bar on site.

Format:

- *We will group wrestlers into pools/brackets by age and skill level.
- *Tourney is run via Trackwrestling.
- *All mats have digital score and time clocks.

Awards: 1st – 3rd will medal in all brackets or pools.

If you have any questions please contact the tournament director.

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