Paramount High School

JV and Frosh-Soph Duals

Rebuilding your team after the layoff? Looking to get your new wrestlers some mat time? Paramount High School will be hosting the following lower level duals. 3 matches guaranteed at a great facility. Please do not bring your varsity starters.

**Dates**:

JV Quad Duals Tuesday December 7, 2021

Frosh-Soph Quad Duals Thursday December 9, 2021

JV Quad Duals Tuesday December 14, 2021

Frosh-Soph Quad Duals Monday December 16, 2021

**Weigh-Ins**: 2pm in the Main Gym (2nd floor)

**Weights**: 1lb. allowance 107, 114, 121, 127, 133, 139, etc.

**Time**: All Duals begin at 3:30 p.m.

**Awards**: Individual- 1st & 2nd place medals

**Entry Fee**: $150 due before tournament date

**Contact**: Daniel Abarca- Head Wrestling Coach

Cell (562)881-9142

**(CALL or TEXT to confirm spot)**

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