



**INAUGURAL
GOLDEN VALLEY HIGH
SCHOOL
Bulldog Duals**

WHEN: December 16th 2023

**WHERE: Golden Valley High School 801 Hosking Ave
Bakersfield, CA 93307**

**ENTRY FEE: \$200 per Team/ \$25 per wrestler after the 14 wrestler per line up
+4 alternates**

Girls CIF weights, 14 wrestler per line up +4 alternates

Roster/Weigh-In Log-in Info will be e-mailed week of tournament

TIME: Saturday: 7:00 am weigh-ins, wrestling at 9:00am

SCHOOL _____

AD _____ **PHONE** _____

COACH _____ **PHONE** _____

COACH E-MAIL _____

_____ **Yes, we are interested in participating.**

_____ **No, we cannot attend this year.**

Golden Valley High School

Bulldog Duals

- Date: December 9th 2023
- Fee: \$200 Per Team. (Teams with a top 10 finish in state the previous year get a free entry)
Payment must be presented the day of the tournament.
- Divisions: Girls CIF weights
Format: 6-10 teams in 2 pools. Results will determine placing rounds. Teams will consist of a line up of 14, +4 alternates.
- Awards: Trophies for top 2 teams. Team Champions will be awarded Championship Rings
- Weigh-ins: 7:00 am weigh-ins, wrestling at 9:00am
- Groom check: At the scales during weigh-ins.
- Meeting: 8:45am there will be a coach's meeting in the wrestling room.
1. Coaches need to enter all their wrestlers on Trackwrestling.com NO LATER THAN 8 PM ON DECEMBER 13th.
 2. Log-in information and detailed instructions will be emailed to head coaches the week of the tournament. Please **double check** all information including: weight class, and correct spelling of names.
 3. Weigh-ins will be held on Saturday, December 16th beginning at 7am by team. Your entire team must be there and weigh in as a team. Wrestlers that show up after their team has weighed in will not be allowed to weigh in. Varsity Wrestlers failing to make weight will only be placed if their team has an open spot in the next weight class. As this is an early season tournament, please place your wrestlers in weight classes that are reasonable.
 4. All wrestlers are required to have completed the weight management program. Any wrestler who has not completed the assessment process is ineligible for competition.
 5. Concessions will be available all day.
 6. All rounds will be 3, two minute periods.
 7. Tickets are \$5.00 for adults and \$3.00 for students and children over 5.
 8. A maximum of three coaches will be allowed in free – all others will have to pay. This will include a home cooked coaches lunch.
 9. Trophies for top 2 teams.
 10. Tournament shirts will be available for limited purchase.
- Contact: Juan David Gamino, Wrestling Coach
School: 661-827-0800 Cell: 661-549-5093
FAX: 661-827-0480 E-mail: juan_gamino@kernhigh.org