

# Alta Loma

## Frosh-Soph Quad Duals



Alta Loma High School will be holding two four-way duals. It is a great opportunity for your lower level to gain some experience. Please reach out if interested in coming to either day of duals. When contacting the Athletic Director, please specify which date you would like to attend. Full teams please.

**Dates:**

**ALHS "F/S" Quad Duals 1, January 12th**

**ALHS "F/S" Quad Duals 2, January 19th**

**Weight Classes/Weigh-ins:** There will be a two pound allowance for each date. 108, 115, 122, 128, etc.

**Start Time:** The matches will begin at 4:00 PM

**Awards:** Team trophy for 1st place only.

**Fees:** Entry fees will be \$200 per team, per date, and if planning to attend both dates will be \$400.

**Contact:**

**Tom Guenther**

**Jon Cerecerez**

**A.D. ALHS: (909) 989-5511 ext: 5783**

**thomas.guenther@cjuhsd.net**

**jon.cerecerez@cjuhsd.net**

**Alta Loma High School, 8880 Baseline Rd. Alta Loma, CA 91701**