LAGUNA HILLS HIGH SCHOOL
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LAGUNA HILLS HIGH SCHOOL
FROSH-SOPH GIRLS TOURNAMENT

PLACE Laguna Hills High School

DATE JANUARY 21, 2023

THIS TOURNAMENT IS FOR FRESHMAN AND SOPHOMORE GIRLS ONLY (NO VARSITY LEVEL/CLUB GIRLS). LET'S MAKE THIS A GOOD, COMPETITIVE TOURNAMENT FOR FIRST & SECOND YEAR GIRLS!

WEIGH-INS 6:30-8:00 AM in the small gym. Wrestlers will be checked for skin disorders at weigh-ins**. Tournament director has final authority regarding skin disorders**. If your wrestlers have ringworm, impetigo, etc., please leave them home.

WEIGHT CLASSES No weight classes. Girls will weigh in so we know where to pool them. All girls must be weighed in by 8:00 AM so we can start pooling.

FORMAT We will do 3, 4, 5 man pools OR 8 man brackets so everyone gets lots of matches.
Matches will be 1-1-1 in length.

WRESTLING Wrestling will be mixed in with the VARSITY boys tournament. We will wrestle straight through on 7 mats until finished.

WRESTLING BEGINS approx. 10:00 AM for the girls. (Boys start at 9:30)

WRESTLERS You can bring girls that are the same weight or close to the same weight. We will try to separate them into different pools.

AWARDS Individual medals 1st, 2nd

ENTRY FEE $300 per team (or $30 per girl, pay at weigh ins). Please pay team entry before Dec. 1, 2022. Make checks payable to Laguna Hills Wrestling.

CONCESSIONS A full concession stand will be available throughout the tournament for your convenience.

CONTRACTS Please complete and return the contract ASAP (email to cliffjarmie@gmail.com is best)

CONTACT CLIFF JARMIE (714) 642-4178 (cell)
Please do not hesitate to call if you have any questions.