

# 18<sup>th</sup> Annual Mustang Duals

We will be accepting 5 Rec Teams and 5 Elite All-Star Teams into the Duals Meet.

Sponsored by: Mineral Wells Wrestling  
Date: January 8<sup>th</sup>, 2023  
Location: Mineral Wells Elementary School, I-77, Exit 170, onto Rt. 14 South, 4 miles  
Head Coach: Chris Morrison  
Weigh-ins: Sunday January 8th, 2020; 6:30am – 8:15am  
ALL TEAM MEMBERS MUST BE PRESENT @ THIS TIME

- **1.8 LB weight allowance (due to the previous days open tournament)**
- **Team members may be weighed in at lowest possible wrestling weight but may only be moved up 1 weight class during duals competitions.**
- **SKIN AND NAIL CHECKS WILL BE PERFORMED AT WEIGH-INS**

Entry Fee: \$350.00

- Cash or Checks payable to: Mineral Wells Wrestling
- Email Team Entries to: Donna @ mineralwellsmustangwrestling@gmail.com.  
Mail to 470 Parkview Lane Mineral Wells, WV 26150

If you have extra wrestlers on your REC team, you may weigh in more than one at a weight class and alternate them between rounds. They can also fill in for other teams for the day.

Eligibility: 13U, Age as of January 1<sup>st</sup>, 2023. NO GRADE LIMITATIONS!

Start Time: Coaches Meeting: 8:30am  
Wrestling begins at 9:00am

## Rules and Regulations:

- 1.) Registered Officials will be used
- 2.) High School Rules will be used.
- 3.) 1-1 ½ -1 ½ minute period; Flip for choice, Sudden death overtime
- 4.) Prior to each round the coaches will provide the table workers their rosters. Once a roster has been submitted to the table, teams WILL NOT be able to make changes to their respected rosters. Please check closely for errors or changes that you would like to make prior to the submission. Full names must be used.
- 5.) You may only wrestle your wrestlers, one spot higher than they weighed in.
- 6.) Exhibitions will be allowed but will not be permitted to delay matches.

Awards: 1<sup>st</sup> – 3<sup>rd</sup> team trophies, individual medals, and 1<sup>st</sup> place team will receive Champions t-shirts.

Concessions available all day!

For ALL Questions, please contact: Donna McWilliams @ (304)991-7300

*Please see the list of hotels in our area for discounted rates if needed.*

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\*\*Please bring this form completed with you to weigh ins on Sunday Morning\*\*

## ROSTER

38: \_\_\_\_\_

41: \_\_\_\_\_

44: \_\_\_\_\_

47: \_\_\_\_\_

50: \_\_\_\_\_

53: \_\_\_\_\_

56: \_\_\_\_\_

59: \_\_\_\_\_

62: \_\_\_\_\_

65: \_\_\_\_\_

68: \_\_\_\_\_

71: \_\_\_\_\_

75: \_\_\_\_\_

80: \_\_\_\_\_

85: \_\_\_\_\_

90: \_\_\_\_\_

95: \_\_\_\_\_

105: \_\_\_\_\_

115: \_\_\_\_\_

125: \_\_\_\_\_

HWT(175max): \_\_\_\_\_

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Just let them know you are attending the Mineral Wells Wrestling Tournament for a discount!!!!

## Local Accommodations List:

Holiday Inn Express

1-77 / Exit 170

(304) 489-4111

Comfort Suites

1-77 / Exit 170

(304) 489-9600

Hampton Inn

1-77 / Exit 170

ASHLEY @ (304) 489-2900

Mineral Wells Inn and Suites by Magnuson

1-77 / Exit 170

(304) 489-3111

**\*\*Group rates available if booking rooms as a team\*\***  
**\*\*\*\* Some will offer Discounted rate with TAX ID #\*\*\*\***