

## 20th Annual Mineral Wells Duals

Accepting Elite & Rec teams!!

Date: January 5th, 2025 following 31st Annual Mineral Wells Invitational (Jan. 4th)

Location: 5013 Briscoe Rd, Vienna W.V. 26105

Head Coach: Chris Morrison

Weigh-ins: Jan. 5th, 2025 7:30am-9:00am (All team members must be present to weigh in)

- 1.8lb 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 & nail checks will be performed at weigh-ins.

Entry Fee: \$250.00

-Cash or Checks payable to Mineral Wells Bulldawgs Wrestling

-Email team entries to: [mwbulldawgs@yahoo.com](mailto:mwbulldawgs@yahoo.com)

-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 may also fill in for other teams for the day.

Eligibility: K-6

Start Time: Coaches meeting 9:30am. Wrestling begins at 10:00am.

Rules: -Modified High School rules will be used.

1-1 ½ -1 ½ minute period elite. 1-1 minute period Rec; flip for choice. Sudden death overtime.

-Prior to each round, 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.

-You may only wrestle your wrestlers one spot higher than they weighed in.

-Exhibitions will be allowed, but will not be permitted to delay matches.

Awards: 1st-3rd Team Trophies & Medals

Concessions Available All Day

Contacts: Sierra Wilfong 304-481-4402 or Savannah Gainer 304-966-6659

**K-6 Duals:** 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, HWT (185 max)

## K-6 Duals

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

HWT: \_\_\_\_\_

