

Bluegrass Youth State Duals

KY USA Wrestling Sanctioned Tournament

Hosted by John Hardin Bulldogs

Sunday, January 29th

John Hardin High School

384 W A Jenkins Rd

Elizabethtown, KY, 42701

Entry Fee: \$175 per team

**(Rosters must be entered on Track Wrestling no later than Wednesday, January 25th)*

Admission: Adults \$6.00, Students \$2.00

Doors Open at 8:00 AM

Wrestler check-in/weight checks - 8:00 AM - 8:30 AM

Coaches Meeting 9:00 AM

Wrestling Starts at 9:30 AM

Tournament Information

- 16 Team Dual, 4 pools of 4 teams each
- Eligibility: K-5th grade (cannot be middle school starter unless 1st year wrestler)
 - **Weight Classes:**
- 45-50-55-60-65-70-75-80-85-90-95-100-105-112-120-HWT (120-160)
 - Capped at first 16 teams that commit
 - 4-6 Mats
 - 3 - 1-minute periods
 - Team trophies for top 4 teams awarded
 - Concessions Available

Requirements:

- Wrestlers must have USA Wrestling Card
- Wrestling Shoes and Headgear required for all wrestlers
- Singlet's or Fight Style Shorts required for all wrestlers
 - Coach Present with current USA Coaching Card
- All Coaches must have current USA Coaching Card on display to be mat side

Email Jonathan Strayer @ inv858@gmail.com and Tyler Baines @ johntylerbaines@gmail.com to reserve your spot and receive Track Wrestling logon to enter your team.

For Questions Contact:

Tyler Baines johntylerbaines@gmail.com or Jonathan Strayer inv858@gmail.com