



**POCONO
RUMBLE III: Duals**

K-8

At

East Stroudsburg North High School

Sunday, November 15th, 2015

Bushkill Falls Road

Bushkill, PA 18234

**Please use directions, as navigation
does not work well for school!**

Entry Fee: \$300 – 12 team Max

20 Weight classes with forfeit rule – Teams with less wrestlers can win championship as well.

Format:

- **3 pools of 4**
- **Winner of each pool goes to bracket format with a wildcard. Wildcards are determined by most team wins, then most points scored overall, then if needed, total pins.**
- **Losers from pools go to brackets of 8, single elimination, and the finalists take 5th and 6th.**
- **Forfeits are 3 points, regardless of reason.**

Awards– 1st-6th place receive large beautiful trophies. Medals will be awarded for wrestlers and coaches for all team placers 1st-6th.

PIAA Rules: Singlet, headgear, and wrestling shoes are required, hairnets are optional. Teams may have more than one wrestler per weight class.

Weigh-ins: 6:30-8:00 AM – wrestling begins at 9:00 AM to conclusion.

- **Final Rosters to be done and handed in by end of weigh-ins.**
- **One person from each team must be table help. Match score, time, team score, etc.**

This is kindergarten through 8th grade – No wrestler under 5 years of age or over 14 years of age – NO EXCEPTIONS As of November 15th, 2015. Proof of age is required if challenged.

- **Bout Length: 1-1-1 for all. Overtime is :30 neutral first to score; 2nd OT rideout. First wrestler who scored in regulation gets choice in rideout. If 0-0, flip of coin and winner gets choice.**
- **Admission is \$7 for adults, \$2 for children, and children under 3 are free.**
- **Please make checks payable to:**

**WPWC
120 Evergreen Drive
Bushkill, PA 18324**

**No refunds; Checks must be received by November 8th, 2015
*Rosters can be changed up until 8:00 AM Sunday November
15th, 2015.**

We are the least expensive, and have beautiful awards, so sign up early before it's too late.

****Girls can wrestle for both boys duals and girls duals, but there is no waiting period between. It is a forfeit if not ready to wrestle. Teams can pick up wrestlers from Saturday's individual Tournament to fill rosters.**



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Team Rosters

52
58
65
71
78
85
92
99
106
113
119
126
134
143
152
165
175
190
220
HWT

Directions to East Stroudsburg North High School

Directions A –

From New York City: Route 80 West through Delaware Water Gap, 2nd exit, ex #309 Marshalls Creek, Bushkill; Stay on Route 209 North for 11 miles; Make left on Bushkill Falls Road (11th traffic light from Route 80). Go 6.5 miles; make a left at only traffic light; Gymnasium is located on right of high school

Directions B-

From Pittsburgh: Rt 80 East to exit 309 Marshalls Creek, Bushkill; Follow directions A


Directions C-

From Scranton: Route 84 East to exit 30, Porter's Lake/Blooming Grove; Make a right off of exit. Go 10 miles; Make left of Bushkill Falls Road; go 5 miles to only traffic light on road; Make a right into High School. Gymnasium is located on the right end of the school.

Directions D-

From New England and Upstate New York: The last exit in New York is Exit 1; Take 84 West to PA exit 53, Route 209 South Matamoris; stay on 209 South for 26 miles. You will be on 209 through Milford into Delaware State Park. Make right at Bushkill Falls Road; Go 6.5 miles to only traffic light; Make a left; Gymnasium is located on the right end of the school.

****I personally drove all of these to get more precise directions. All miles are exact.****



**Contact: Bob Bibeau
(570) 688-5104
BobBibeau@yahoo.com**