



**POCONO
RUMBLE III: Girl's Freestyle Duals
K-HS**

**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: \$250 – 8 team max (And we have 5 teams committed, so send checks ASAP!!)

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

You can pick up wrestlers at the individual tournament on Saturday too, as final rosters are not due until after weigh-ins on Sunday.

Format: 2 pools of 4, 2 winners go into bracket with 2 wild cards. Wild cards are then determined by team wins, overall points, and then pins. In case the two best teams happen to be in the same pool, it gives them a chance to place and possibly redeem themselves.

Losers go into brackets or round robin, based on the number of teams (6 teams or less will be round robin).

Awards: 1st-6th team trophies with medals for wrestlers and coaches.

Modified UWW (Old FILA Freestyle Rules): Singlets, headgear and wrestling shoes are required. Hairnets are optional.



POCONO RUMBLE II

Weigh-ins: 6:30-8:00 AM.

Wrestling begins at 10:00 AM– Guest Clinician High School, College and Olympic coach Ron Tirpak from 8:30-10:00 AM

- You can add wrestlers from the Individual tournament on Saturday to fill rosters, and give girls that don't have a team a chance to wrestle.
- Rosters to be completed by the end of weigh-ins. More than one Wrestler can be used per weight class.
- One person from each team must be table help. Match score, time, team score.
- Forfeits are 3 points, regardless of reason.
- Bout Length – 2 Periods at 2 minutes each
- Admission is \$7 Adults, \$2 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



POCONO
RUMBLE III
Girls Freestyle Duals
Roster Weights

55
60
68
75
82
89
95
101
110
118
128
137
150
165
180
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**