

# 14TH ANNUAL | EKSTROM

## Pal-Mac Youth Wrestling Tournament

Register  Track Wrestling

*Honesty and Integrity when entering "Experience Level" and "Weight" for all wrestlers ensures the most accurate/fair brackets are built.*

**WHEN:** Sunday, Jan. 12 — Wrestling begins at 9 a.m.  
**WHERE:** 151 Hyde Parkway, Palmyra, N.Y. 14522 — Pal-Mac High School

**REGISTRATION:** \$40 per participant (no refunds) | Deadline 6:00 p.m., Jan 11

**DIVISIONS:** D1: 5/6 Year Olds      D2: 7/8 Year Olds      *\*Age based on day of Tournament*  
D3: 9/10 year Olds      D4: 11/12 Year Olds  
D5: 13/14 Year Olds      *\*No JV or Varsity Experience\**

**WEIGH-INS:** \$10 Early Weigh-In, Saturday, Jan. 11 from 2 p.m. to 4 p.m.  
D1, D2, D3: Sunday, Jan. 12, 7:30 a.m. to 8:30 a.m.  
D4, D5: Sunday, Jan, 12, 11:30 a.m. to 12 p.m.  
**\*\*Must Be Within 1 lb. of Registered Weight**

**SESSIONS:** Morning: D1, D2, D3 — wrestling begins at 9 a.m.  
Afternoon: D4, D5 — wrestling begins approx. 1 p.m.

**ADMISSIONS:** Adults \$5, Kids 5-and-Under FREE

**AWARDS:** Trophies for 1st, 2nd and 3rd

**RULES:** Madison Style 10% | 4-or-5 person brackets where possible  
D1-D3, 1-min. periods, Sudden Victory OT, 12-point Tech  
D4-D5, 1:30-min periods, Sudden Victory OT, 15-point Tech  
*\*Current High School Scoring Rules*