



# 32<sup>nd</sup> Annual Palmyra Junior Wrestling Holiday & Girls Tournament



Sunday, December 12th, 2021

Palmyra High School, 4<sup>th</sup> Street and Delaware Avenue, Palmyra, NJ 08065

\*Double Elimination\* \*Qualifier for Ohio Tournament of Champions\*

## Weigh-ins \*\*NEW LOCATION\*\* Weigh-ins

Saturday, December 11<sup>th</sup> from 4:00pm to 6:00pm at Palmyra High School, 4<sup>th</sup> Street & Delaware Ave. Palmyra

Sunday, December 12<sup>th</sup> at Palmyra High School - Pre-Registered ONLY and you must make weight:

6:15am to 7:15am: Tot, Midget, and Girls

11:00am to noon: Bantam, Junior, Intermediate

Admission: Start Times: Awards: Entry Fee:

Adults & Coaches: \$5.00 Seniors & Children: \$3.00

8:00AM: Tot, Midget, and Girls

1:00PM:

Bantam, Junior, and Intermediate

Trophies for top three finishers

\$25 per wrestler if pre-registered by Friday, December 10,

2021. Walk-ins \$30 (Saturday night only)

**Registration will be capped at 300 wrestlers,  
so register early!**

**Hot Food, snacks, t-shirts, and  
equipment all day!**

### Rules: 1. Blind Seeding / Double Elimination

2. Certified officials/Scholastic rules. No high school wrestlers.
3. Times: 1-1-1 for Tot, Bantam, Midget, Junior. 1.5-1.5-1.5 for Intermediate. **Head Gear & Singlet required**
4. Birth certificate upon request for all challenges (must present birth certificate to challenge)
5. You may enter more than one division but not more than one weight class in the same division.
6. Director can combine weight classes/ages to create more competitive brackets, **including moving girls into boys' divisions.**
7. We will announce **limited** satellite weigh-in locations in the fall. Please contact us for locations.
8. There will be a .4 weight allowance for clothing/singlet at weigh ins.
9. Team discount available for 10 or more wrestlers. Contact Tournament Director for more info.

### Weight Classes:

Divisions	Birth Dates	Weight classes
Girls	2007-2016	Madison System
Tot	2015-2016	Madison System
Bantam	2013-2014	40-45-50-55-60-65-72-80-90-HWT
Midget	2011-2012	55-60-65-70-75-80-85-90-95-105-115-125-HWT
Junior	2009-2010	65-70-75-80-85-90-96-104-110-118-130-145-HWT
Intermediate	2007-2008	75-80-85-90-96-105-112-120-128-136-146-156-170-HWT

Register online at:

<https://events.flowrestling.org/login?next=https%3A%2F%2Fevents.flowrestling.org%2Fevent%2F77d22f0d-a6c5-bc30-6a95-bb728eaf268b%2Fregistration>

Questions and Team Discount info please contact Rollie Stillings at [joshmoms@me.com](mailto:joshmoms@me.com) or 215-260-6380

NAME \_\_\_\_\_ DOB \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_  
 ZIP \_\_\_\_\_ PHONE(\_\_\_\_) \_\_\_\_\_ EMAIL \_\_\_\_\_  
 WRESTLING CLUB/TEAM \_\_\_\_\_ DIVISION \_\_\_\_\_ WEIGHT CLASS \_\_\_\_\_

Actual Weight \_\_\_\_\_ (SUNDAY WEIGH INS FOR MADISON SYSTEM DIVISIONS ONLY (TOTS AND GIRLS) MUST BE WITHIN 1.5 LBS OF ACTUAL WEIGHT LISTED ON REGISTRATION FORM OR YOU DO NOT WRESTLE AND WILL NOT RECEIVE A REFUND. ALL OTHER SUNDAY WEIGH INS MUST MAKE THE WEIGHT FOR THE WEIGHT CLASS THEY ENTERED.)

I hereby give this child permission to wrestle in the 2021 Palmyra Junior Wrestling Holiday Tournament and release all sponsoring bodies, officials, committee, and referees from all liability.

Parent/Guardian: \_\_\_\_\_ DATE: \_\_\_\_\_

**Sunday weigh-ins for PRE-REGISTERED only: You must make the weight on this form, or you do not wrestle and will not receive a refund! Pre-registration ends December 10th - no exceptions.**