



MOUSAM VALLEY GRAPPLING FESTIVAL

WWW.MOUSAMVALLEYWRESTLING.COM

Join the Mousam Valley Vipers & the Southern Maine Trappers for a day of Iron Man (& Iron Kid) Competition, Learning & Fun!

When: Saturday July 24th
Weigh In: 7-8 am Wrestling at 9 am
Where: Veterans' Memorial Gym 668 Main Street Sanford
Cost: \$15 per wrestler to compete in one style
OR \$20 per wrestler to compete in ALL THREE!
Admission: \$3 adults \$1 students and seniors
FMI: www.mousamvalleywrestling.com
Mike Morin (207) 459-4343
Heather Lawrence (207) 608-5859



This is a USA Wrestling sanctioned event. A USA Wrestling card is required to participate. \$10 Maine In-State cards will be available for purchase at registration.

Format:

Folkstyle wrestling begins at 9 and will run thru completion with medals given at mats to top four places in each weigh class. K-5 will wrestle 1-1-1. 6-open will wrestle 2-1-1. Register based on grade wrestler will enter in the fall.

Greco clinic will be held. Following clinic, Greco wrestling will run thru completion with medals given at mats to individual winners.

Freestyle clinic will be held. Following clinic, Freestyle wrestling will run thru completion with medals given at mats to individual winners.

Those competing in all three styles (the Iron Man / Iron Kid Competition) are guaranteed *at least 6 matches!*

Following all wrestling, the Iron Man and Iron Kid Awards will be presented.

4/29/10

