



## NYWAY SOUTHERN-TIER



# REGIONAL DUAL TEAM: FREE CLINIC/ WRESTLE-OFFS DECEMBER 5, 2015 @ WHITNEY POINT HIGH SCHOOL

Again, this year we will be sending a team to compete at the Annual NYWAY Kick-off event. This year hosted by Union Endicott high school, on Sunday December 20<sup>th</sup>.

An individual tournament will be held on Saturday Dec. 19<sup>th</sup> with the Inter-Regional Duals event held on Sunday. Each region is fielding a team to compete at the Sunday event. We will host a challenge event at Whitney Point to select a team to represent the Section Four area of NYS.

Preceding the wrestle off event from 9:00 am – 11:00 am NYWAY will present a FREE CLINIC to members (card Holders) in the High School Gym. Doors open 8:00



Clinicians:

Enock Francois

3X ALL-AMERICAN (CAL-BAPIST), SR. ALL-AMERICAN



Nate Carr

NJCAA NATIONAL CHAMPION (IOWA ST.

Beginning at 11:30 the Dual selection wrestle offs will begin. Weigh-ins will begin at 8:30 and end at 10:00am. COST of Clinic and participation in the wrestle off is FREE with current NYWAY CARD! Register for card and wrestle offs on line.

[http://www.nyway.org/page/show/1310166-nyway-membership-](http://www.nyway.org/page/show/1310166-nyway-membership)

<http://www.nyway.org/page/show/1292081-tournament-registration-and-calendar-of-events>

Wrestle offs will begin at 11:30 am and weight classes will be set by the listed weight classes:

45, 50, 55, 60, 66, 72, 79, 87, 95, 102, 110, 120, HWT (135 max)

# Must be a current NYWAY member. Register online at: [www.NYWAY.org](http://www.NYWAY.org) See link to Southern Tier Wrestle off

# Must Weigh in at Whitney Point between 8:30 and 10 am Saturday Dec.5<sup>th</sup>.

# Wrestling 3 one minute periods, Over time 1 minute neutral position sudden death, followed by a :30 sec ride out. Choice goes to first point scored, coin flip.

# Wrestlers must wear singlet/headgear.

# Brackets will be round robin with cross over. If only two wrestlers then selection will be based on best of 3 matches.

Questions please contact-- Bill MacNeill at 607-761-5559 Email: [Bmacneil@wpcsd.org](mailto:Bmacneil@wpcsd.org)

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