

2021 Braham Youth Wrestling Dual

1/23/21

- ***Masks are mandatory for all, except the two wrestlers on the mat.***

Wrestling Dual information

- Wrestling Starts at 9:00am
 - Teams can arrive around 8:30am
 - each team wrestles 1 dual, extra matches after each dual if possible.
 - If 2 teams, second team and fans can enter after the first leaves.
- Each match is 3- 1 minutes periods
- Team score will be kept
 - Except for extra matches
- Entry Fee \$50.00

Dual weigh-in criteria

- Weights:
 - 40,45,50,55,60,65,70,75,80,84,88,93,102,115,130 and HWT(215 max)
- Weigh-ins can be held by each team at their last practice before Saturday's match
- Each wrestler can only bump up 1 weight class
- Dual will be held at the Braham Event Center. 655 8th St. SW Braham, MN