



Friday
March 22, 2024

Saturday
March 23, 2024

Washington High School
300 Washington Patriots Dr.
Charles Town, WV 25414

Presented by WV & VA Women's National Wrestling

Registration through trackwrestling

Entry Fee:

\$55 pre-registration only

Weigh ins:

- Friday, March 22nd 4pm-5pm – cost \$15 per wrestler (optional)
- Friday, March 22nd 6pm-7pm
- Saturday, March 23rd 7am-8am
- Participation is limited to first 400 entrants

Friday Night:

WV vs. VA State Champions folk-style dual

Saturday:

Open tournament: starts at 9am (Open to all states)

Friday night dual will be coached by female college wrestlers

*Freestyle clinic Saturday 8-8:45 AM hosted by Cindy Calixto -
Alvernia University women's wrestling head coach*

◆
Eligibility

Age as of date of tournament **GIRLS ONLY.**

Double entry allowed for MS to compete with HS.

◆
Scholastic Rules

Three 2 minute periods for championship HS brackets.
2-1-1 for consolation & MS.

Sudden death overtime.
Referee's decisions are final.

◆
Awards

Custom engraved 2.5 pound sledge hammer for champions.

Medals for 2nd - 4th.

Divisions:

HS - 100, 107, 114, 120, 126, 132, 138, 145, 152, 165, 185, 235 (+3 allowance)

MS - Madison weights (no HS)

A celebrity awards presenter will be in attendance!

Colleges in attendance for recruiting - Alvernia University (PA), Baldwin Wallace University (OH), Bluefield State University (WV), Frostburg State University (MD), Lehigh University (PA) Marymount University (VA), Randolph College (VA), York College (PA) West Liberty University (WV)

HOSTED BY: WV & VA WOMEN'S NATIONAL WRESTLING

Event Location: Washington High School / 300 Washington Patriots Dr. / Charles Town, WV 25414