**2016 The Rock**

**Summer Duals & Tournament**

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| When: | June 1st – 4th, 2016. Duals are 1st – 3rd (Wed – Fri). Tournament is Saturday the 4th.  Duals start at 6pm every night. 2 duals a night.  Tournament will start at 1pm Saturday afternoon. |
| Where: | Limestone College, Timken East Gymnasium  1115 College Dr, Gaffney SC 29340 |
| Entry Fee: | $40 per Wrestler |
| Rules: | Regular High School Regulated Rules  Periods are 2-2-2 **Running clock**  All exhibitions & Wrestle backs are 1:30-1-1 **Running clock**  Seeding for tournament will be based off of dual matches results |
| Weight Classes: | 106, 113, 120, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, HWT  All weight Classes are +7 pounds  (We encourage wrestlers to come in at their natural weight) |
| Weigh Ins: | 5pm Wednesday June 1st. This weigh in will be good for the whole week. |
| Week at a glance: | Teams will come in Wednesday at 5pm for weigh ins.  Wrestling will start at 6pm every night.  There will be 2 Duals a night.  Before each dual a coach from each team will meet at their respective head table to match up bouts, based on weight classes and talent level.  If one of your wrestlers does not get matched up for the dual, Their name will be sent to the head table and we will get them an exhibition once mats starts to clear up.  Table workers will keep score on a bout sheet so we can keep account of each wrestler records for tournament seeding.  There will be a quick coaches meeting before each night of duals start. |
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