CAPITAL CITY WRESTLING CLUB
&
ARROW ROCK WRESTLING CLUB
JOINTLY PRESENT . . .

"THE ROCK-CITY RUMBLE"

GRECO-ROMAN & FREESTYLE WRESTLING TOURNAMENT

SATURDAY
APRIL 4TH, 2009

- ONE DAY ONLY -

Location: Timberline High School
701 E. Boise Ave.
Boise, Idaho

For directions, + tournament flyers & information, go online to:
www.capitalcitywrestlingclub.com
www.arrowrockwrestling.com

Weigh Ins: (Must weigh in with singlet)
Friday, April 3rd - - - 4:00 - 6:00 pm = both styles, all divisions **(early official weigh-in)**
Saturday, April 4th - - - 6:30 - 8:00 am = Intermediate through Junior **(Greco-Roman only)**
- - - 6:30 - 8:00 am = Pre-Bantam, Bantam **(Freestyle only)**
- - - 6:30 - 9:00 am = Intermediate through Junior **(Freestyle only)**

Wrestling Times: Saturday April 4th
(Greco-Roman) - - - - 9:00 am *Intermediate through Junior*
(Freestyle) - - - - 9:00 am *Pre-Bantam, Bantam*
(11:30 am start time is approximate) (Freestyle) - - - - 11:30 am *Intermediate through Junior*

Classifications: Greco-Roman = Intermediate, Novice, Schoolboy/girl, Cadet, Junior
Freestyle = Pre-Bantam, Bantam, Intermediate, Novice, Schoolboy/girl, Cadet, Junior

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Eligibility:
Valid USA Wrestling card required.
Shoe laces to be taped or covered.
Headgear recommended.

Entry Fee: Greco = $12.00 Freestyle = $12.00 **OR** Both = $12.00 (both styles for one fee)

Admission:
Spectator admission is FREE!
USAW Coaches card required for pass to be on floor.
(Except Pre-Bantam & Bantam - 1 parent may accompany wrestler to mat.)

Awards: Medals to 1st through 4th place - PreBantam, Bantam / 1st through 3rd place - Int. through Jr., each style.

Contact:
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