



# 2022 Christmas Duals



Dear Coaches,

Hughson Wrestling is excited to invite you to the 2022 Christmas Duals at Hughson High School. This will be an 8 team pooled-style dual meet tournament with each team getting 4 dual meets regardless of win/loss. The winner of each pool will compete for 1st, 2nd place in each pool will compete for 3rd, and so on down to 7th/8th. The Top 4 teams will receive a plaque! The Varsity duals will take place Friday December 16 and the following day (Dec. 17) there is a JV tournament. There will be a coach's hospitality room both days and each team will receive 2 coach's wristbands. There will be a concession stand where wrestlers and those in attendance can purchase drinks, snacks, and lunch/dinner items both days! Hope to see you there!

**Date:** Friday, December 16, 2022

**Format:** Varsity Duals-8 Team Pooled Tournament(**First 8 teams to pay entry fee are in!**)

- 2 pools of 4
- Each team is guaranteed 4 dual meets
- After pools of 4 will be medal duals (1st, 3rd, 5th, 7th)
- CIF Rules (2-2-2 minute periods, etc.)

**Weigh Ins:** 11:00 AM (Bring Alpha Roster Sheet)

**Weights:** CIF +1 (107, 114, 121, 127, 133, 139, 146, 153, 161, 171, 183, 196, 221, 286)

## Schedule:

**Doors Open-** 9:30 AM

**Weigh Ins-** 11:00 AM

**Coach's Meeting-** 11:45 AM

**Round 1-** 1:00 PM- 2:30 PM

**Round 2-** 2:45 PM-4:15 PM

**Round 3-** 4:30 PM-6 PM

**Medal Rounds (1/3/5/7)-** 6:15-7:30 PM (Last year we finished at 6:30 PM)

Team plaques will be given out immediately after 1st & 3rd place dual meet finishes.

This is an estimate of course and the rounds usually go by much faster, but this is the worst case-scenario time schedule. After each round there will be a 10/15 minute break before the next round begins. Coaches will need to set-up/make changes to lineups for the next dual meet during this time.

**Entry fee:** \$250 for Christmas Duals, \$400 for both days, \$200 for JV Tournament only

**Admissions:** \$5 for Adults, \$3 for Students w/ ID card, kids under 8 are free



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## JV Tournament

**Date:** Saturday, December 17th, 2022

**Format:** 16 Man Double Elimination Bracket, Medals going out to Top 3 Wrestlers in Each Weight!

**Weigh-Ins:** 8:00 AM (Bring Alpha Roster Sheet)

**Weights:** CIF +2 (108, 115, 122, 128, 134, 140, 147, 154, 162, 172, 184, 197, 222, 287)

### Schedule:

**Doors Open-** 7:00 AM

**Weigh Ins-** 8:00 AM

**Coach's Meeting-** 9:00 AM

**Wrestling Begins-** 10:00 AM

**Medal Rounds-** 2/3:00 PM

**Awards-** 4:00 PM

**Entry fee:** \$250 for Christmas Duals, \$400 for both days, \$200 for JV Tournament only

**Admissions:** \$5 for Adults, \$3 for Students w/ ID card, kids under 8 are free

**Tournament Director:** Joseph La Rosa  
(209) 485-6869  
[jarosa@hughsonschools.org](mailto:jarosa@hughsonschools.org)



# 2022 Christmas Duals



## Tournament Contract

Please make checks payable to “Hughson Wrestling”

Mail or fax all contracts to: Hughson High School Attn: **Joseph La Rosa**

7419 East Whitmore Ave. Hughson, CA 95326

Fax: (209) 883-0870

School Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

School Phone #: \_\_\_\_\_ School Fax #: \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Coaches Phone #: \_\_\_\_\_

Coaches Email: \_\_\_\_\_

AD's Email: \_\_\_\_\_

- Christmas Duals (\$250)
- JV Tournament (\$200)
- Both (\$400)

Coach's Signature: \_\_\_\_\_

Athletic Director Signature: \_\_\_\_\_

The above-signed High School agrees to compete in whichever marked box (Hughson Christmas Duals on December 16, 2022/JV Tournament December 17, 2022/Both) at Hughson High School. The tournament entry fee will be /\$200.00/\$250.00/\$400.00 depending on box selected and **must be paid by December 9, 2022**. (Spot will be saved when payment is received). Once your team is officially in the tournament I will email the Head Coach notifying him of this.

Thank you,  
Joseph La Rosa  
(209) 485-6869

[jlarosa@hughsonschools.org](mailto:jlarosa@hughsonschools.org)