



Elyria's Couch Potato Event

Time to get up and get wrestling!
Goin' Ol' School ~ Old Elyria West High School
Sunday, October 16, 2011

WHERE Elyria Schools Administration Building (Old Elyria West HS) ~ 42101 Griswold Road, Elyria, Ohio 44035

WEIGH-INS / REGISTRATION Saturday, October 15, 2011 ~ 7:00 – 8:00 pm
Sunday, October 16, 2011 ~ 7:00 - 8:00 am

AWARDS/QUALIFIERS Top 3 places will be awarded medals.

Top 4 places qualify for the 2011 Border Wars Folkstyle Nationals at the Kellogg Arena in Battle Creek, Michigan.

START TIME All Age Groups will begin wrestling at 10:00 am

ENTRY FEE \$15.00 pre-registration ~ postmarked by October 7, 2011
\$20.00 walk-up registration
Send Registration & Entry Fee to:
Make Checks Payable to:
Elyria Friends of Wrestling
818 Valley Dr
Amherst, OH 44001

RULES Modified High School Rules:
Age Groups – 5&6, 7&8, 9&10: three 1 minute periods
Age Groups – 11&12, 13&14, 15-18: three 1 ½ minute periods
** Singlet or shorts & shirts are required**

WEIGHT CLASSES

- 5&6:** 35, 40, 45, 50, 55, 60, 70, HWT (limit 91 lbs.)
- 7&8:** 40, 43, 46, 49, 52, 55, 58, 61, 64, 67, 72, 77, 82, HWT (limit 105 lbs.)
- 9&10:** 51, 55, 59, 63, 67, 71, 75, 80, 85, 90, 95, 100, 110, HWT (limit 145 lbs.)
- 11&12:** 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 112, 119, 126, 133, HWT (limit 200 lbs.)
- 13&14:** 75, 80, 85, 90, 95, 100, 107, 114, 122, 130, 138, 145, 155, 170, HWT (limit 255 lbs.)
- 15-18:** 103, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189, 215, HWT (limit 285 lbs.)

**Please note that if there are less than 4 wrestlers in a weight class, the tournament staff reserves the right to combine weight classes.

CONTACT Elliot Lewis Email: elliott.lewis1@gmail.com Phone: 440-984-4447
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The Couch Potato Qualifier

NAME _____
ADDRESS _____
CITY _____ **STATE** _____ **ZIP** _____
EMAIL _____ **PHONE** _____
CLUB or SCHOOL _____
BIRTHDATE _____ **AGE GROUP** _____