



CONGRATULATIONS!

You have qualified for the **Twin County Junior Wrestling League Regional Tournament** to be held at Hackensack High School on **Sunday February 25, 2018.**

Weigh-ins for the Regionals will be held only on **Thursday night February 22, 2018** at **Elmwood Park VFW Post 5084, located at 6 Veterans Place, Elmwood Park, NJ 07407.** Parking is limited, please arrive during your Districts' timeframe only.

Remember, you must make weight and wrestle the **exact same weight class and division you were in at the District Tournament.** Unfortunately, failure to make weight will result in you being disqualified for the Regional Tournament. There is no Friday, Saturday or Sunday weigh-ins according to league by-laws, **NO EXCEPTIONS!**

The earliest you can weigh-in is as follows:

If you wrestled @ Elmwood Park	District 2	5:00PM
@ Westwood	District 1	5:30PM
@ East Rutherford	District 4	6:00PM
@ Hasbrouck Heights	District 5	6:30PM
@ West Milford	District 3	7:00PM

THERE WILL BE NO CUTTING WEIGHT AT THE WEIGH-INS!!!

(No running in halls, jumping rope, spitting, etc.!) Use the bathroom if you need it **BEFORE** you step on the scale. **Once you step onto the scale, your hand will be stamped and you CANNOT leave the room to use the bathroom or run, etc... and COME BACK to weigh-in again. One chance to make weight.** We always have 4 or 5 scales to make weight on.

NO EXCEPTIONS OR EXCUSES!!

On Sunday, the tournament will be run in a split-session format as follows:

Bantams (8U) and Novice (10U) - 8:30am-1:00pm

Presentation of the Vince Nocito Award and the Andrew Feintuch Service Award

Juniors (12U) and Intermediates (14U) - 1:00pm- 5pm

Refreshments and apparel will be sold all day