



## **CONGRATULATIONS!**

You've qualified for the **Twin County Junior Wrestling League Regional Tournament** to be held at Hackensack High School on **Sunday February 24, 2019**. **Weigh-ins for the Regionals** will be held on **Thursday night February 21, 2019 ONLY** at Elmwood Park VFW Post 5084, located at 6 Veterans Place, Elmwood Park, NJ 07407. Parking is limited, so please arrive during your Districts' time frame only. Remember, you must make weight and wrestle the **exact same weight class and division you were in at your District Tournament**. Unfortunately, failure to make weight will result in you being disqualified for the Regional Tournament. There is NO Friday, Saturday, Sunday or special 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
@ Emerson	District 1	5:30PM
@ East Rutherford	District 4	6:00PM
@ Hasbrouck Heights	District 5	6:30PM
@ West Milford	District 3	7:00PM

**THERE IS ABSOLUTELY NO CUTTING WEIGHT AT THE WEIGH-INS!!!**

(No running in bathroom, jumping rope, spitting, etc.) Use the bathroom if you need it **BEFORE** you step on the scales. **Once you step onto the scales, your hand will be STAMPED and you CANNOT leave the room to use the bathroom or run and COME BACK to weigh-in again. ONE CHANCE TO MAKE WEIGHT ON 5 SCALES!!!!**

If you have a skin condition, you must present a valid note (within last 7 days) from the doctor or dermatologist claiming you are no longer contagious at the weigh-in. Failure to present the note to the tournament director by Sunday morning will result in disqualification from the Region Tournament. Please **NO EXCUSES!**

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**On Sunday, the tournament will be run in a split-session format on 6 mats as follows:**

- \*Bantams (8U) and Novice (10U) wrestle from - 8:30am-1:00pm**
- \*Presentation of the Vince Nocito Award and the Andrew Feintuch Service Award**
- \*Juniors (12U) and Intermediates (14U) wrestle from - 1:15pm- 5pm?**

**REMEMBER, IF YOU HAD A 6U DIVISION IN YOUR DISTRICT, PLACEWINNERS DO NOT ADVANCE TO THE REGIONALS!!**