



1100 North Grand Avenue
Walnut, CA 91789-1399
909-594-5611
<http://athletics.mtsac.edu>

2023 MT. SAC Wrestling Duals Tournament

Date: Saturday, September 16, 2023

Place: Mt. San Antonio College, Building 720/1200 Main GYM and 720/1800 Small GYM

Weigh-ins: 7:00am, Saturday (Please bring weight certifications) OR

With the new rules, you will weigh in at home or at the college site on Friday, September 15 between the hours of 4pm-6pm

- An Athletic Director or assign supervisor must be in the room during weigh-in to complete the weigh in.
- The names and weights of each wrestler must be on a weigh in form and provided to Coach Rivera before the Tournament on Saturday morning. The Form must be signed by the AD or assign supervisor.
- If a team weighed in on Friday night, no one from their team will be allowed to weigh in on Saturday.
- If a team choose to weigh in on Saturday morning, the weigh in will start at 7:00am until finished.
- All wrestlers for these teams **MUST BE IN THE WEIGH IN AREA AT 7:00am**. If they not in the room, they **WILL NOT BE ALLOWED TO WEIG IN**. No Weight loss activity may take place once weigh-in starts.
- Have your Individual Weight Certification Sheet with you. Wrestler must weigh in at the weights designated by that weight certification. Also remember, Wrestler must weigh in with short or underwear.

Weights: 125, 133, 141, 149, 157, 165, 174, 184, 197, and 285.

Wrestling Begins: 9:00am

Entry Fee: \$500 per team

**D I V I S I O N O F K I N E S I O L O G Y ,
A T H L E T I C S & D A N C E**

WEB
<http://athletics.mtsac.edu>

PHONE
909.274.4630

FAX
909.274.2998



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Make checks payable to: Mt. San Antonio College Wrestling

Mail To: **OR** Hand carry entry fee day of.

*Head Coach David Rivera
1100 N. Grand Ave.
Walnut, California 91789*

Awards: Team trophy for the **TOP TEAM ONLY**

Rules: Current NCAA rules,
Round Robin Format

Director: David Rivera

Cell Phone: 626-975-7842

Office Phone: 909-274-4709

Email: drivera@mtsac.edu

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