

# Folsom High School

## 4th Annual Jailbreak Duals Dec. 19th/21st 2009

Folsom High School 1655 Iron Point Rd. Folsom CA 95630

### Folsom High School Wrestling

**Varsity  
Duals on  
Saturday  
Dec. 19th**



**JV  
Duals on  
Monday  
Dec. 21st**

[www.folsomwrestling.com](http://www.folsomwrestling.com)

Awards to Top 4 teams, medals to undefeated wrestlers in both div.  
Var- All tournament team selection based on individual records  
JV – Medals for 5-0, 4-1, and 3-2 records

Coaches lunch provided both days, catered by Dos Coyotes  
Snack Bar will be available both days for parents, wrestlers, and fans

- Entry Fee - \$275.00 per team/per level by December 1, 300.00 after December 1
- Teams will have 5 duals (pools + round robin)
- Wrestling will be on 6 mats in one gym
- Var Weigh in at 7:00 Wrestling begins at 9:00
- JV Weigh in at 7:00 Wrestling begins at 9:00
- For more information contact Mike Collier at [mlcollier134@hotmail.com](mailto:mlcollier134@hotmail.com) or call at (530) 867-1910

### Checks payable to Folsom High Wrestling

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

Coach: \_\_\_\_\_

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

Phone Number: \_\_\_\_\_ \$275    \$275    \$500

We are planning on bringing (circle one) JV    Varsity    Both