



JOURNEYMEN'S NORTHEAST FOLKSTYLE REGIONAL CHAMPIONSHIP & DUALS

April 13, 2024

Union College • Schenectady NY

Open to wrestlers from Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and Virginia.

Premise: The inaugural **Journeyman's Northeast Regional Folkstyle Championships** brings together state-level competitors from 13 Northeastern states: Connecticut, Delaware, District of Columbia, Maine, Maryland, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont, and Virginia. From the bustling urban streets of New York City to the serene landscapes of Vermont, wrestlers of all ages converge to test their skills on the mat. Young up-and-comers eagerly seek to make their mark, while seasoned veterans aim to defend their reputations and add to their legacies. Each state brings its own unique style and strategy, adding an exciting dynamic to the competition. With fierce competition and a spirit of sportsmanship, the championships promise to be a thrilling celebration of Northeastern wrestling talent and tradition.

6 & U: 38, 41, 45, 50, 56, HWT (Max 65)

8 & U: 45, 50, 55, 60, 65, 70, 75, 83, HWT (Max 94)

10 & U: 55, 60, 65, 70, 75, 80, 85, 95, 102, 112, 122, HWT (Max 140)

12 & U: 65, 70, 75, 80, 85, 90, 95, 102, 110, 120, 130, 140, 155

14 & U: 80, 87, 95, 100, 106, 113, 120, 128, 136, 145, 155, 170, 188, 210

High School: 103, 110, 119, 126, 133, 140, 147, 154, 162, 172, 182, 195, 220, 285

Registration: www.tournaflex.com, Northeast Regional Championship drop down \$60.00 online registration ONLY. No walk-ins allowed. NO REFUNDS
Registration closes April 12, 2024 at 12:01 PM

Admission: \$20 Adult general; \$5 for children day/5U are FREE; Coaches' Floor Passes \$40 daily (includes general admission & floor access).

Awards: Medals for top 4.

2024 Championship Rules:

- Modified high school
- All divisions are determined by birth year/age day of weigh-ins
- NFHS Folkstyle Rules - minus out-of-bounds and injury time
- Modified Rule - total college out-of-bounds in effect (takedowns, reversals, falls, back points, etc.)
- Athletes cannot wear high school singlets at the competition
- Period lengths: 6U, 10 U and 12 U - 1:30, 1:00, and 1:00; 14 U and HS - 2:00, 1:30, 1:30
- Headgear is optional. Mouth Gear MANDATORY with braces. MUST weigh-in wearing singlet

Weigh-ins:

April 12, 2024 at Messa Rink - Union College, Schenectady, NY - 5:30-7:15 PM

You will be assigned a specific weigh-in time between 5:30-7:15 PM. It is imperative that you honor your assigned time.

Host Hotel: Hampton Inn downtown Schenectady • 450 State St., Schenectady, NY 12305

Tournament Director: info@Journeymanwrestling.com



Directions to Union College and inside of Union:

<https://unionathletics.com/sports/2005/12/7/Directions.aspx>

- From the south and east: From New York State Thruway exit 24, take the Northway (I-87) north to exit 6 (marked 'Rt 7 W'). Follow Rt 7 W for 6.5 miles and bear right onto Union St. Continue on Union St. for 2.8 miles (past campus on your right) and take a right at light onto Seward Pl. Follow Seward Pl. to stop light and make a right on Nott St. At the first light. make a right into campus.
- From the north: From the Northway (I-87) take exit 6 (marked 'Rt 7 W'). Follow Rt 7 W for 6.5 miles and bear right onto Union St. Continue on Union St. for 2.8 miles (past campus on your right) and take a right at light onto Seward Pl. Follow Seward Pl. to stop light and make a right on Nott St. At the first light. make a right into campus.
- From the west: From Thruway exit 26, take I-890 east to exit 4 (Erie Blvd.). Follow Erie Blvd/ north to Union St. (second light after the Amtrak station), turn right onto Union St. and follow for .9 miles. Then make a left at light onto Seward Pl. Follow Seward Pl. to stop light and make a right on Nott St. At the first light, make a right into campus.

DUALS: April 14, 2024 Union College • Schenectady NY – Messa Rink at Achilles Center

Boys High School Freestyle (Grade 7-12): 5 Teams (2 mats, 4 duals) - 106, 113, 119, 126, 132, 138, 145, 152, 160, 170, 182, 195, 220, 285

Girls High School Freestyle (Grade 7-12): 5 Teams (2 mats, 4 duals) - 95, 100, 105, 110, 115, 120, 125, 130, 135, 140, 145, 155, 170, 200

K-14 U Folkstyle: 5 Teams (2 mats, 4 duals) - 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 110, 120, 135, 145, 180

Round 1: 9:00-10:30 AM

Round 2: 10:45AM-12:15 PM

Round 3: 12:15-2:00 PM

Round 4: 2:00-3:30 PM

Round 5: 3:30-5:00 PM

Entry Fee: \$750

MAIL ENTRY FEE TO: Journeyman Wrestling
753 Tanner Rd., Clifton Park, NY 12065

Tournament Director: capechri@shenschools.org

Weigh-ins:

April 13, 2024 at Messa Rink - Union College,
Schenectady, NY - 5:00-6:00 PM



journeymenwrestling.com



JOURNEYMEN'S NORTHEAST FOLKSTYLE REGIONAL CHAMPIONSHIP & DUALS

OFFICIAL ENTRY FORM

Please try to pre-register: Mail MONEY ORDERS to Journeyman Wrestling Club, 753 Tanner Rd., Clifton Park, NY 12065

Team Name _____

| Weight Class | Actual Weight | Skin Check | Name | National, Sectional or State Place finish | Waiver Received |
|--------------|---------------|------------|-------|-------------------------------------------|-----------------|
| 103 | _____ | _____ | _____ | _____ | _____ |
| 110 | _____ | _____ | _____ | _____ | _____ |
| 119 | _____ | _____ | _____ | _____ | _____ |
| 126 | _____ | _____ | _____ | _____ | _____ |
| 133 | _____ | _____ | _____ | _____ | _____ |
| 140 | _____ | _____ | _____ | _____ | _____ |
| 147 | _____ | _____ | _____ | _____ | _____ |
| 154 | _____ | _____ | _____ | _____ | _____ |
| 162 | _____ | _____ | _____ | _____ | _____ |
| 172 | _____ | _____ | _____ | _____ | _____ |
| 182 | _____ | _____ | _____ | _____ | _____ |
| 195 | _____ | _____ | _____ | _____ | _____ |
| 220 | _____ | _____ | _____ | _____ | _____ |
| 285 | _____ | _____ | _____ | _____ | _____ |
| Extra | _____ | _____ | _____ | _____ | _____ |
| Extra | _____ | _____ | _____ | _____ | _____ |
| Extra | _____ | _____ | _____ | _____ | _____ |
| Extra | _____ | _____ | _____ | _____ | _____ |

Head Coach _____

Assistant Coach _____

Table Worker _____

