



# NIGHTMARE ON THE MAT

NOVEMBER 2<sup>ND</sup> @ TELOS U, OREM UTAH

## REGISTRATION

\$25 ON TRACKWRESTLING  
DEADLINE: 10/30 @ 6PM

## MEMBERSHIP

MUST HAVE VALID '24/'25  
USA WRESTLING CARD

## WEIGH-INS

10/30 OR 10/31  
DONE AT YOUR CLUB/SCHOOL

## WEIGHTS AND DIVISIONS

PREK-9<sup>TH</sup> GRADE: GROUPED BY WEIGHT/SKILL

SOME WILL BE LINE BRACKETS AND SOME WILL BE ROUND ROBIN

HS BOYS: 106,113,120,126,132,138,144,150,160,175,190,215,285

HS GIRLS: 105,113,120,127,135,145,155,170,190,245

## SCHEDULE

9:00AM - HS BOYS 106-138

11:00AM - HS BOYS 144-285

1:00PM - HS GIRLS, MS GIRLS (6<sup>TH</sup>-9<sup>TH</sup> GRADE)

2:15PM - 5<sup>TH</sup> & 6<sup>TH</sup> GRADE, 7<sup>TH</sup> & 9<sup>TH</sup> GRADE

3:45PM - PREK-K, 1<sup>ST</sup> & 2<sup>ND</sup> GRADE, 3<sup>RD</sup> & 4<sup>TH</sup> GRADE

SUBJECT TO CHANGE

## AWARDS

LARGE CUSTOM NIGHTMARE  
ON THE MAT MEDALS



BLACK LIGHT TOURNAMENT!  
COSTUMES ARE ENCOURAGED!

# TOURNAMENT WILL CAP AT 500 PARTICIPANTS!

QUESTIONS: UTAHWRESTLINGEVENTS@GMAIL.COM