



NIGHTMARE ON THE MAT

NOVEMBER 2ND @ TELOS U, OREM UTAH

REGISTRATION

\$25 ON TRACK WRESTLING
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-9TH 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 (6TH-9TH GRADE)

2:15PM - 5TH & 6TH GRADE, 7TH & 9TH GRADE

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