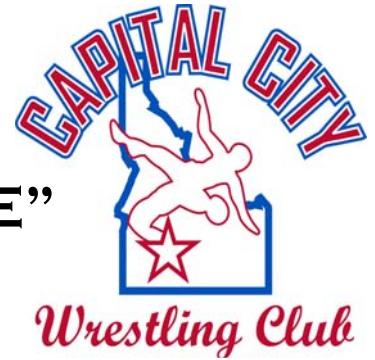




CAPITAL CITY WRESTLING CLUB  
&  
ARROW ROCK WRESTLING CLUB  
JOINTLY PRESENT . . .



## “THE ROCK-CITY RUMBLE”

GRECO-ROMAN & FREESTYLE  
WRESTLING TOURNAMENT

**SATURDAY  
APRIL 4<sup>TH</sup>, 2009**

- ONE DAY ONLY -

**Location:** Timberline High School  
701 E. Boise Ave.  
Boise, Idaho

For directions, + tournament flyers & information, go online to:  
[www.capitalcitywrestlingclub.com](http://www.capitalcitywrestlingclub.com)  
[www.arrowrockwrestling.com](http://www.arrowrockwrestling.com)

**Weigh Ins:** Friday, April 3<sup>rd</sup> - - - 4:00 - 6:00 pm = both styles, all divisions (early official weigh-in)  
(Must weigh in with singlet) Saturday, April 4<sup>th</sup> - - - 6:30 - 8:00 am = Intermediate through Junior (Greco-Roman only)  
- - - 6:30 - 8:00 am = Pre-Bantam, Bantam (Freestyle only)  
- - - 6:30 - 9:00 am = Intermediate through Junior (Freestyle only)

**Wrestling Times:** Saturday April 4<sup>th</sup> (Greco-Roman) - - - 9:00 am *Intermediate through Junior*  
(Freestyle) - - - 9:00 am *Pre-Bantam, Bantam*  
(11:30 am start time is approximate) (Freestyle) - - - 11:30 am *Intermediate through Junior*

**Classifications:** Greco-Roman = Intermediate, Novice, Schoolboy/girl, Cadet, Junior  
Freestyle = Pre-Bantam, Bantam, Intermediate, Novice, Schoolboy/girl, Cadet, Junior

**Eligibility:** Valid USA Wrestling card required.  
Shoe laces to be taped or covered.  
Headgear recommended.

**Entry Fee:** Greco = \$12.00 Freestyle = \$12.00 **OR** Both = \$12.00 (both styles for one fee)

**Admission:** Spectator admission is FREE!  
USAW Coaches card required for pass to be on floor.  
(Except Pre-Bantam & Bantam - 1 parent may accompany wrestler to mat.)

**Awards:** Medals to 1<sup>st</sup> through 4<sup>th</sup> place - PreBantam, Bantam / 1<sup>st</sup> through 3<sup>rd</sup> place - Int. through Jr., each style.

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