



Date: Sunday, January 26, 2025

Location: Central Regional High School
509 Forest Hills Parkway
Bayville, NJ 08721

Weigh Ins: Weight Check starts at 6:30 a.m, Weigh-Ins - 7:00 a.m. - 8:00 a.m. Weigh-ins will be by team, first come first served.

Wrestling Starts promptly at 9:00 a.m.

Entry: \$50 per wrestler or \$500 per team (12 to 14 max) - 2 wrestlers from a team per weight class for up to 2 weight classes

Format:

- Girls NJSIAA weight classes will be used
- Matches count towards girls varsity matches
- Max 2 wrestlers per weight class up to 2 additional wrestlers per team.
- No team scores will be recorded.
- MOW Wrestler Award for Lower and Upper Weight.
- Semi-finalists will wrestle for 3rd
- Wrestling will be done on 4 mats
- Refreshments will be sold throughout the day
- There will be a coaches and officials hospitality room with snacks, breakfast, and lunch

Seeding: Will be based on seeding criteria that is listed on the last page. If you do not input it on TrackWrestling, we will not honor it.

Awards: Medals given to top 3 finishers

Spectators Entry Fee: \$5 per adult and \$3 per student



Deadline: Please fill out this [Google Form](#) as your intent form to participate in the Golden Eagle Grapple Girls Wrestling Tournament. It must be completed by January 12th, 2025 to assure your team and/or athletes will compete in the tournament; anything past January 12th will be accepted but may not guarantee a spot. Trackwrestling invitations will be sent and you must submit lineups by Sunday, January 19th.

Any questions or concerns: Email **Kyle Watson** at kwatson@centralreg.k12.nj.us or **John Christopher** at jechristopher@jacksonsd.org

2025 Golden Eagle Grapple at Central Regional High School

[INTENT FORM](#) (click for Google Forms version [much easier & quicker])

Due by 01/12/2025

Email: kwatson@centralreg.k12.nj.us

- **SCHOOL NAME:** _____
- **Coaches Name:** _____
- **Cell Phone#:** _____
- **Email Address:** _____
- **Number of Participants:** _____
- **Athletic Directors Signature:** _____
- **Check enclosed:** _____
- **PO enclosed:** _____
- **PO to follow on:** _____



Make check payable to: Central Regional Girls Wrestling

Mail check to: Central Regional High School

509 Forest Hills Parkway

Bayville, NJ 08721

Note: Please email this intent form ASAP, no later than Saturday- January 12th, 2025. PO can follow after this letter, but this will best prepare us for the total number of tentative participants. Team Rosters should follow no later than January 19th 2025.

Seeding Criteria

1. State Champion 2024
2. State 2nd-8th Place 2024
3. Region Champion 2024
4. Region 2nd-3rd Place 2024
5. 25+ High School Varsity wins
6. 15+ High School Varsity wins
7. Wild Card (1 per team)
8. 10+ High School Varsity wins