

Selinsgrove Lady Seals Dual Meet Tournament Information

Date: 1/17/2026

Time: 9:00

Place: Selinsgrove Area High School

Weigh ins: 8:00am with scale available at 7:30am.

Tournament: This is a 7 team round robin dual meet tournament. Every team will wrestle 6 matches with the top team receiving an award. The tournament would cost 3 competition points.

Tentative Schedule (If we fill it with 7 teams):

Weigh ins: 8:00

Coaches' Meeting: 8:45 (In mat room)

Round #1	9:00
Round #2	10:30
Round #3	12:00
Round #4	1:30
Round #5	3:00
Round #6	4:30
Round #7	6:00

Note: This is a tentative schedule which relies on how smoothly the coaches pair the wrestlers in between dual meets. If all dual meets are concluded, we will move to the next round ASAP. Please do not randomly take your whole team to eat as it will mess up the rotation of the rounds. Have your wrestlers eat after one of their individual matches or go as a team during the teams bye round. If I had to guess, wrestling will conclude between 7:00 and 7:30.

Entry Fee: \$300 made out to Selinsgrove Wrestling Association. Mail to Seth Martin at the following address:

500 North Broad Street
Selinsgrove, PA 17870

Interested teams can email Seth Martin at sethmartin@seal-pa.org or call/text at 570-660-4360