

**2009 New York City Junior and Cadet Freestyle  
State Qualifier Wrestling Tournament**

**Sunday, March 29, 2009**

**Manhattan Training Center, 145 Thompson Avenue, New York, New York**

**Requirements:** USA Wrestling Competitors Card, **Uniforms:** red and blue singlet

**Categories:** Junior -- All high school students grades 9-12 born Sept 1 1989 and after  
Cadet -- born in 1993 or 1994

**Entry Fee:** \$25

**Awards:** Medals 1<sup>st</sup>-3<sup>rd</sup> Junior and Cadet

**Junior Weight Classes:** 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171, 189,  
215, 285(all weights will have a three pound allowance)

**Cadet Weight Classes:** 84, 91, 98, 105, 112, 119, 125, 130, 135, 140, 145, 152, 160, 171,  
189, 215, 285 (all weights will have a three pound allowance)

**Registration:** weigh-in and skin check: 7:30-8:30 a.m.

**Wrestling Clinic:** 9:30 a.m.

**Wrestling begins:** 10:00 a.m.

**For further information contact:** Larry A. Cantor, USA Wrestling Chairman at  
coachcantor@aol.com.

Name: \_\_\_\_\_ Date of birth \_\_\_\_\_

Street: \_\_\_\_\_ City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_ E-mail address \_\_\_\_\_

Telephone \_\_\_\_\_ 2008-2009 USAW Card # \_\_\_\_\_