

# 13th Annual Vista Del Lago J.V. Boys/Girls Invitational

“The Premier JV Tourney in Northern California”

Vista Del Lago High School  
1970 Broadstone Pkwy  
Folsom, CA 95630

- Date: Saturday January 7th, 2023
- Entry Fee: \$350 per team (10 -14); \$35 per wrestler for smaller teams or extras
- Weights: Wrestlers will be pooled/bracketed by weight and experience.
- Weigh-In: 7:00 AM **\*Must Bring Team Weigh-In Sheet\***
- Wrestling Begins: 9:00 AM
- Lunch: Coach’s Lunch will be provided. Chick-Filet Catered.
- Format: \*We will try to group/seed the wrestlers by experience level  
\*Wrestlers are guaranteed at least 3 matches, most will get 4-5.  
\***7-8 mats in 1 building.** (Beautiful Facilities!!)  
\*30 Teams last year and **tourney was finished by 4:00 pm!!!**  
\*Tourney is ran paperless via Trackwrestling with by the second updating of brackets online. All mats have HD Tv’s displaying time and score.
- Awards: 1<sup>st</sup> – 3<sup>rd</sup> will medal in all brackets.

**PLEASE RSVP ASAP (I have to cap this at 30 teams, and we get filled fast):**

**Complete this google form to reserve your spot:**

**<https://forms.gle/wUtsdu5PbYnHgwjg6>**

**Or alternatively contact Frank Richmond by phone or e-mail.**

Cell 916-342-7057

E-mail [frichmon@fcusd.org](mailto:frichmon@fcusd.org)

**Make checks payable to: Vista Athletic Boosters**