

5th annual Rancho Bernardo Summer Duals

Who: First 10 teams to respond are confirmed. Then secured with Payment.

What: Summer Team Duals

When: Saturday June 21st 2025

Where: Rancho Bernardo High School

13010 Paseo Lucido San Diego Ca. 92128

Why: Matches and a chance to come to San Diego in the summer.

Cost: \$300 for entire team. (Checks to Rancho Bernardo Wrestling)

12 Weight classes: 105, 115, 122, 128, 135,140, 145, 154, 165, 175, 195 and 285

Girls Exhibition matches at the end of each teams dual.

Honor Weigh ins

Round Robin Format (Goal 5-6 Duals and out by 2)

Tentative: Time Line:

Saturday:

8am warm-up

830am Dual 1

930am Dual 2

1030 am Dual 3

1130 am Dual 4

1230 pm Dual 5

Done by 2!