



1st Annual Appalachian Open

January 30, 2010

Location: Varsity Gymnasium

College Teams from across the southeast are expected to participate. All Divisions welcome.

Cost: \$25.00 per wrestler

Entries must be emailed to bentleyjmo@appstate.edu or faxed to (828) 262-4056 by 5pm on Jan. 27th, 2010.

Hotel Accommodations:

Broyhill Inn on campus of ASU (828) 264-5122
(Contact) Brandy Douglas. Rate of 89.00/night

Weigh-ins: 7am in Varsity Gym

Wrestling begins at 9am

For more information contact JohnMark Bentley (828) 262-7163. Email : bentleyjmo@appstate.edu