

# Mission Oak Wrestling Presents:

## 10<sup>th</sup> Annual Lady Hawk Wrestling Invitational

### WHEN

**Friday, January 16, 2026**

### WHERE

## Mission Oak High School Gymnasium

**3442 E. Bardsley Ave, Tulare, CA 93274**

### Attention Coaches and AD's:

Mission Oak Lady Hawks have been a huge success. We've had 32 teams represented with 200+ competitors. Mission Oak is committed to the growth of girls wrestling in the Central Section and we are glad to present this tournament for the sixth year. We are anticipating a great selection of teams from the Central Section, and we are actively recruiting teams from other sections. We will be offering 1 OF A KIND AWARDS at this tournament in addition to medals and team awards. Tournament champions will receive a custom award. We look forward to another great event as this has become an elite girl's event.



## Tournament Info

### Cost

\$400 per team of 14-  
\*10 each additional  
wrestler  
Before Jan 9<sup>th</sup>, 2026

\$425 - After Jan 9<sup>th</sup>,  
2026

\$35 per wrestler less  
than 8 entrants.

### Schedule

Friday Jan 19, 2024

Weigh-ins -8am to 9am

\*Seeding (Committee -

Criteria formula :

State, section, plus  
tourney strength and  
head-to-head)

Coaches Meeting -  
9:30am

Wrestling Begins -  
10am

(As Many mats needed)

### Awards

Champions Package

Custom 1/4 Zip Top

Custom Medals (1-8)

Team Awards (1-4)

MVP L/M/H

### Weights:

**100,105,110,115,  
120,125,130,135,  
140,145,155,170,  
190,235**

# **10<sup>th</sup> Annual Mission Oak Lady Hawk Invitational Tournament January 19, 2024**

## **PARTICIPATING SCHOOL INFORMATION SHEET**

COACHES: IF YOU ARE PLANNING ON ATTENDING, PLEASE COMPLETE THIS FORM AND TURN IN WITH YOUR PAYMENT (\$400) BY January 9<sup>th</sup>, 2026. ADD \$25 AFTER THAT DATE.

NAME OF SCHOOL: \_\_\_\_\_

HEAD WRESTLING COACH: \_\_\_\_\_

SCHOOL ADDRESS: \_\_\_\_\_

SCHOOL TELEPHONE: (    ) \_\_\_\_\_ - \_\_\_\_\_

CELL/HOME TELEPHONE: (    ) \_\_\_\_\_ - \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

**CHECKS PAYABLE TO:**  
**MISSION OAK HIGH SCHOOL WRESTLING**  
**3442 E. BARDSLEY AVE.**  
**TULARE, CA 93274**

**\*\$10 Extra For Each additional wrestler above 14.**

**# of Wrestlers = \_\_\_\_\_**

**\*\*More than 1 wrestler per weight class allowed.**

ADDITIONAL QUESTIONS PLEASE CONTACT:

Osama Hamid – AD 559-687-7308 EMAIL [Osama.hamid@tulare.k12.ca.us](mailto:Osama.hamid@tulare.k12.ca.us)

Mathue Ramos-Girls Head Coach-559-8326769 Email: [mathuepramos1@gmail.com](mailto:mathuepramos1@gmail.com)

**Tournament Director:**

Adrian Hernandez (CVTP)

559-368-6377

[cvtournamentpros@gmail.com](mailto:cvtournamentpros@gmail.com)