



WHEN: SATURDAY, APRIL 13, 2019
WHERE: Elk River High School
900 School St, Elk River, MN 55330

ADMISSION: \$5 per Adult not wrestling
\$3 per student, children 5 and under are FREE

TEAM DUAL TOURNAMENT - LIMITED TO THE FIRST 16 TEAMS:

WEIGH-INS: 8:30 – 9:30am
WRESTLING: Starts at 10:00am
DETAILS: Teams of 6 wrestlers and 3 alternates
Forfeit empty weight class if less than 6 wrestlers
WEIGHTS: 145, 160, 175, 190, 215, HWT (max 285)
ENTRY: \$150 per team – pre-registration /payment by **March 31, 2019**
Team Registration form at www.elkriverwrestling.com/old-timers-tournament

INDIVIDUAL TOURNAMENT:

WEIGH-INS: 12:00 – 1:00pm
WRESTLING: Starts at approximately 2:00pm
DETAILS: 4 man and 3 man Round Robins
Brackets based on age, weight and experience
Novice Wrestlers Welcome!!
ENTRY: \$25 per individual – register at the door, no pre-registration

RULES: High School League Rules
AGE: All wrestlers in both tournaments must be high school graduates and not actively competing in a collegiate level program
PERIODS: 3 periods (1-1-1) with 1 minute rest between periods
PRIZES: T-shirts for 1st place Team and Individuals

**FOR MORE INFORMATION VISIT WWW.ELKRIVERWRESTLING.COM AND
ALL PROCEEDS FUND THE ELK RIVER YOUTH WRESTLING PROGRAM**





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- UNIFORMS:** Teams are encouraged to wear matching uniforms
- RULES:** High School League Rules
- PERIODS:** 3 periods (1-1-1) with 1 minute rest between periods
- AGE:** All wrestlers must be high school graduates and not actively competing in a collegiate level program
- AWARDS:** T-shirts for 1st place Team and Individuals
- ENTRY:** \$150 per team (at least 3 teams required for event)

TEAM EVENT REQUIRES PRE-REGISTRATION AND PAYMENT BY MARCH 31, 2018

Please mail this completed form and check (made out to Elk River Wrestling) to Paul Nelson 20560 Concord Street NW, Elk River, MN 55330
Contact Paul with questions at paul.nelson@isd728.org

TEAM NAME: _____

TEAM CAPTAIN: _____

EMAIL: _____ PHONE: _____

WEIGHT:	NAME:	ALTERNATE:
145	_____	_____
160	_____	_____
175	_____	_____
190	_____	_____
215	_____	_____
HWT (MAX 285)	_____	_____

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