



LCWM Knights



Date: Sunday, January 22, 2023

Location: Lake Crystal Wellcome Memorial High School
607 Knights Lane
Lake Crystal, MN 56055

Admission: \$5/adult, School aged kids \$2, Kids 4 and under free
Team Admission Fee- \$200/team (Includes up to 5 coaches)
Open to first 8 registered and paid teams (Checks to: LCWM Wrestling Boosters)

Tournament Details: K-3th Grade

Weight Classes: 40, 44, 48, 50, 54, 58, 62, 66, 70, 74, 78, 85, 90, HWT

Alternates: Bring as many as you can or want, will get matches for them when possible. Weigh ins: We will cover the tenths so if wrestler weighs 50.9, they can wrestle at 50. Wrestlers can only bump up one weight class so if you have a wrestler at 75 they can wrestle 75 and 80.

Weigh-ins: 7:30AM- 8:30AM (Coaches meeting at 8:45)

Wrestling starts at 9AM

Exhibition matches encouraged depending on time

Headgear required

Team Trophies for 1st , 2nd and 3rd place teams

Concessions available throughout the event, no coolers please.

For more information please contact: Heather Gilman at 507-381-5340 or by email lcwmarea@gmail.com