

# 12<sup>th</sup> Annual Prowler Youth Open

PreK-6th Grade  
Friday January 20<sup>th</sup>, 2023  
Ralph Engelstad Arena, Thief River Falls, MN

- Grades PreK-6th \$10.00 Entry Fee
- Admission: Adults \$5.00, under 12 free
- Format: 4-Man Round Robin, Stay at the mat until you're done
- All wrestlers will be grouped by grade and weight where possible.
- Will wrestle 3 - 1 minute periods.
- Weigh-ins: 4:30-5:30
- Start time: 6:00 pm
- Awards: First - Fourth Medals

For Information contact: Club President: Justin Iverson (218) 686-9992

Coaches: Phil Hermanson (218) 689-2056

Youth Director: Ryan Poissant (701) 219-0676

Name \_\_\_\_\_ Grade \_\_\_\_\_ Age: \_\_\_\_\_

School or Club \_\_\_\_\_ Weight \_\_\_\_\_

In consideration for the acceptance of this entry blank, I agree to be legally bound herein with for myself, my heirs, executors, my administrators or assignees, and due hereby waive and release the TRF TakeDown Club and the Lincoln High School and their agents and representatives committees and members for any and all claims to right of damages for injuries and/ or losses suffered whether by training, attendance in or traveling to and from this tournament and further I state I have adequate health and accident insurance to cover injuries or sickness incurred during this tournament.

Signed \_\_\_\_\_ Date \_\_\_\_\_