



# Saint James K-4 Duals



**January  
8<sup>th</sup>  
2023**

Saint James High School  
1001 10th Avenue North  
Saint James, MN 56081

**10am**

Weigh-ins/skin checks  
start at 9am

**Concessions All Day**

**Admission:**

\$5 all ages 11+

Children 10 and under are FREE

3 - one min periods

Paid officials

Full size mats

Two brackets

Round robin style

## TEAM INFO

### 8 Team Tournament

14 weight classes  
20 wrestlers per team  
Roster submitted by 12/31

School-based teams only  
(no traveling or academy teams)

Weights: 45,50,53,56,59,63,  
66,70,74,78,83,88,95 and  
Heavy weight (145lb max)  
Tenths will be covered

We will honor weight from  
1/7/23 Saint James  
Individual Tournament

Each team supplies  
a table worker

Fee: \$300 per team  
payable to Saint James  
Cyclones Wrestling

MSHSL rules

**BIG Champion Trophy**

**2nd Place Trophy**

**MVP plaque**

**1<sup>st</sup>-4<sup>th</sup> place medals**

To Register Contact Tricia @ [stjamescyclonewrestling@gmail.com](mailto:stjamescyclonewrestling@gmail.com)

Follow us on Facebook: St James Cyclones Wrestling