



TEAM AWARDS!!! Team picture plaques will be awarded to the top 4 teams/clubs. Points will be given for all wrestlers that your team/club brings. 1st = 4 team points, 2nd = 3 team points, 3rd = 2 team points, and 4th = 1 team point. Bring as many wrestlers as possible to increase the chances of taking home a plaque.

FRIDAY, NOVEMBER 24, 2023

Lake Mills Wrestling Club Tournament

(Snow dates: Sat., Nov. 25, then Sun., Nov. 26)

Lake Mills School, 102 S 4th Ave East, Lake Mills, IA 50450

Entry Fee: \$20 at the door. NO PREREGISTRATION THIS YEAR.

K-Prep through 8th Grade (2 gyms, 9 mats used)

K-4 wrestles in HS gym, 5th-8th wrestle in the MS Gym

(Had 428 kids in 2022 and tournament lasted only 4 hours total!)

High School Gym

Grade

Weigh-In Time (BE ON TIME!)

Approx. Wrestling Time

Division I- K Prep & K

11:30 am – 12:30 pm

1:15

Division II- 1st & 2nd grade

12:00 am– 12:45 pm

follows K-Prep & K

Division III- 3rd & 4th grade

2:00 pm – 2:30 pm

follows 1st & 2nd grade

Middle School Gym

Grade

Weigh-In Time (BE ON TIME!)

Approx. Wrestling Time

Division IV- 5th & 6th grade

12:30 pm – 1:00 pm

1:45

Division V- 7th & 8th grade

1:30 pm – 2:00 pm

follows 5th & 6th grade

Round Robin Tournament. Four person brackets. Everyone wrestles 3 times, if possible. Medals awarded to all four places. Awards handed out when bracket has completed wrestling.

Tournament Rules:

- 1) Concession stands available-Sponsored by the LM Wrestling Club.
- 2) Coaching at mat side.
- 3) KPrep-6th matches will consist of three, one minute periods. 7th-8th will be 2-1-1. Overtime will be sudden death and first to score wins.
- 4) Anyone causing trouble or doing damage in the facility will be held responsible for them and will be ineligible for the rest of the day.
- 5) When a participant is not on deck, or wrestling, he/she is expected to be in the bleachers.
- 6) Participants will be responsible for any lost items.
- 7) Injuries must be reported to the meet director the day of the tournament.
- 8) Showers are available. Bring your own towel.
- 9) Admission will be charged to everyone except participating wrestlers.
- 10) No sweatpants, sweatshirts, or jeans.
- 11) Skin diseases: Anyone with skin problems will not be allowed to participate. This includes cold sores, impetigo, boils, and ringworm.

Registration Form

This is not a school sponsored event. No liability is assumed by the tournament coordinators, officials, the Lake Mills Wrestling Club, or Lake Mills School. If you have questions, contact Dan Fjeld @ 605-695-6644. **Please duplicate this form as necessary.**

Name _____ Age _____ Birthdate _____

Team/Club _____ Telephone # _____

Grade _____ Weight _____ Record _____ Male or Female _____ Beginner _____ Intermediate _____ Advanced _____

Parent's Signature _____