



Benson Super Duals Wrestling Tournament

(10th annual)

WHEN: Sunday, Feb 18th, 2024

WHERE: Benson High School: 1400 Montana Ave. Benson, MN 56215

Registration: \$200.00 Team Registration Fee. Please make checks payable to:
Benson Wrestling Club. Please send your registration fee to:

Benson Wrestling Club
Attn: Scott Thompson
1400 Montana Ave.
Benson, MN 56215

Format: K-3 Tournament. Guaranteed three matches per team. High school rules apply. Tenth **WILL** be covered.

Weigh-ins/Skin Checks: Begin at 9 a.m. and close at 10 a.m. We will have a short coaches meeting at 10 a.m. Wrestling will start at 10:30 a.m.

Weight Classes: Scratch weight, we will pair wrestlers up based on coaches matches up with age, ability, and weight for the best matches. We will keep a running score of the matches that take place in each dual. Please have a coach available for doing match ups during the day to keep the duals going smooth. Creating the matches can be the slowest part but it can create the best opportunities for both new wrestlers and experienced wrestlers.

Awards: Medals for all wrestlers!

Food: Full concessions available

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