Lincoln Jr. Hawk Wrestling Club Tournament

Sunday March 7, 2010
Lincoln Southwest High School
7001 South 14th Street, Lincoln, NE 68512
Open to all AAU and USA Wrestlers

Participation: Pre-K thru 8

Format: Pre-K thru K: 4 man round robin
Grades 1-8: 8 man bracket where possible with wrestle backs
3 matches when possible

Entry Fee &
Deadline: $15 for all insured wrestlers; $18 for walk-ins. (NO REFUNDS)
Friday, March 5th by 8pm. www.jrhawkwrestling.org

Weigh-ins: **"Absolutely NO late weigh-ins allowed"**

Division	Weigh-In Time	Wrestle Time
PreK-K,1st-2nd	7:30am – 8:30am	9:30 am
3rd-4th	7:30am – 10am	11:30 am
5th-6th	7:30am – 12pm	1:00 pm
7th-8th	7:30am – 1:30pm	2:30 pm

Bracketing: PK-8th will be within 5 pounds when possible.
Bracketing will be done by Auto-Bracket

Awards: Trophies for 1st place, medals for 2nd, 3rd, and 4th.
Team Plaques for 1st and 2nd (Southwest not included)

Admission: Adults: $3 Students: $2

Concessions: Quality Concessions All Day
NO DRINKS OR COOLERS WILL BE ALLOWED!

Insurance: USA and AAU Sanctioned Tournament – insurance required

Questions: Jeff Carstens (402)328-8394 and Todd Knorr (402)423-4246

Make checks payable to: Lincoln Jr. Hawk Wrestling Club
Send entries to: Nancy Myers, 3200 SW 80th Street, Lincoln NE 68532

Wrestler Name: _____ Age: _____ Grade: _____ Weight: _____

Address: _____ City: _____

Parent/Guardian Name: _____ Phone: _____

Club: _____ 2010 Wins: _____ Losses: _____

Liability Waiver: In consideration of your accepting this entry I hereby for myself, my heirs, my executors and administrators waive and release Lincoln Jr. Hawk Wrestling Club and/or all their agents, officers, coaches, and/or team members and Lincoln Public Schools from any and all claims of rights for damage or for injury.

Parent/Guardian signature: _____ Date: _____