

**Lander Tiger Tough**

**Location: Lander Valley High School~ 350 Baldwin Creek Rd, Lander, WY 82520**

**Dates**: March 15h & 16th

**Three Style wrestling tournament with all girl’s divisions**

Greco – Folkstyle – Freestyle- Female Folkstyle- Female Freestyle- Female Greco

This is a **USA/WAWA Sanctioned Tournament**. Red/Blue singlets are required for Freestyle and Greco. **Headgear required.**

**This is round robin tournament**

**Registration:** All wrestlers must register and pay online at www.trackwrestling.com by 11:00

pm on Thursday March 15th. No on-site registration. No check-in. Wrestlers must have a current

USA card to participate. Registration closes Thursday at 10pm.

**Registration fees**: $20 per style or $45 for all three, female divisions $5 per style or $10 for all

three styles. Double bracket allowed fee is $10, please contact Elisha to double bracket.

**Greco:** All age groups, all divisions will start at 5:30pm Friday until completion.

**4U/6U/10U/16U/Female: Freestyle**: 8:00am to completion: **Folkstyle**: 10:30am to completion.

**8U/12U/14U Freestyle:** 1:00pm to completion **Folkstyle**: 3:00pm to completion

**Awards:** Medals for 1st, 2nd, 3rd ribbons 4th and 5th. Outstanding wrestler of the tournament trophies for each style.

Weigh-ins: **REMOTE WEIGH-INS and SKIN CHECKS ONLY.** Must be conducted by a current licensed USAW licensed coach. Email Elisha Haley at [haley.elisha@gmail.com](mailto:haley.elisha@gmail.com) to get a team login. Teams will be required to enter in their wrestlers’ actual weights. Weights have to be entered by 10am Friday morning. LWC and/or Head official reserve the right to re-weigh any wrestler at the tournament (2 lb. allowance).

\*Concessions stand and hospitality room available (hospitality room for couches, refs, and table help only)

Please bring mat officials.

You may contact Tournament director Tiffany Velarde at 307-349-8982 with any questions.

For registration questions contact Elisha Haley [haley.elisha@gmail.com](mailto:haley.elisha@gmail.com) 307-231-2230.