

GRINCH GRAPPLE - Sunday January 29th, 2022

LINCOLN WAY CENTRAL HS - 1801 E. Lincoln Highway New Lenox

**Weigh-ins: At your own practice facility on Saturday am.
Instructions will be emailed to your registered club the week
prior from John Ambrose.**

*****Doors Open at 7am**

Wrestling Sessions will be as follows:

8am Session 1 – Tots/Bantams/Rookie Bantam/Novice

12:00pm Session 2 – Intermediate/Rookie Intermediate/Senior

Format: Folkstyle - IKWF Rules

Tot & Bantam: 4-man blocked (1min x 3rounds)

Intermediates 8-man bracket (1min x 3rounds)

Novice and Senior 8-man bracket (1min, 1.5min, 1.5min rounds)

Awards: Tots and Bantams– Individual medals for 1st-4th place

Intermediate-Senior- Individual medals 1st-5th place

TEAM TROPHIES: 1st-3rd Place – Top 10 scorer's

Admissions: \$5.00

Coaches w/valid USA card/DL & Children under 5: Free

**Wrestler Entry Fee: \$30 pre-registration \$200 team deposit due by 1/1 (LWWC –
810 S Anderson Rd New Lenox, IL 60451) to guarantee spots.**

Limited to first 900 entries

**Questions: Email us at lincolnwaywc@gmail.com or John Ambrose at
ambroseopp@aol.com**