

11th Ann.

# MY FIRST WRESTLING TOURNAMENT!

**Beginners Only** (New Wrestler, or below .500 record)

**Sat Jan 13<sup>th</sup>**  
**Lincoln NE**

**No experience needed!**

**TOURNAMENT CAPPED AT 500 ENTRIES**



**RETURNING THIS YEAR!** : *Ankle band tournament for 3-4 year olds!* A fun way to help the younger siblings fall in love with wrestling and earn their first trophy too! Entry in the ankle band division is half the cost of the regular division. Ankle band rules have been revised, making it more fun. Rules listed on event website.

**Parent Clinic: 9:30am**

We will explain how scoring works, what a wrestling bracket is and how to read it, show you how to find out what mat your wrestler is on, when they wrestle, and much more to help you navigate wrestling tournaments.

**DATE:** Saturday, January 13<sup>th</sup> 2022

**SCHEDULE:**

| Age Division      | <u>3 - 4</u><br><u>Ankle Band</u><br><u>Tournament!</u> | <u>6 &amp; Under</u> | <u>7 - 8</u> | <u>9 - 10</u> | <u>11-14</u> | <u>Girls Only</u><br><u>All Ages</u> |
|-------------------|---|----------------------|--------------|---------------|--------------|--------------------------------------|
| Check-in Deadline | 8:30am  | 8:30am               | 11:30am      | 11:30am       | 2:30pm       | 2:00pm                               |
| Wrestling Starts  | 9:30am Sharp!   | 9:30am               | 12:30pm      | 12:30pm       | 3:00pm       | 3:00pm                               |

**\*NOTE: WRESTLERS NOT CHECKED-IN BY THEIR CHECK-IN TIME WILL BE SCRATCHED!**

**ENTRY FEE:** Reg by 1/2/24 - **\$30.00**, Reg after 1/2/24 - **\$45.00** Pay online (NO REFUNDS)

**EARLY DEADLINE ONLINE:** **Tuesday, January 2<sup>nd</sup>** (Or once we reach 500 wrestlers!)

**LOCATION:** **Nebraska Wesleyan University** – Knights Field House  
5000 St Paul Ave.  
Lincoln, NE 68504

**TOURNAMENT WEBSITE:**

[www.MyFirstWrestlingTournament.com](http://www.MyFirstWrestlingTournament.com)



**WEIGH-INS:** Entered during online registration. NO ON SIGHT WEIGH-INS. This is a beginner tournament designed to be fun for your wrestler, not competitive. Please be honest about your weights!

**ADMISSION:** Adults - \$10, Children - \$5

**CONCESSIONS:** Concessions – Provided. No outside coolers allowed.

**AWARDS:** **TROPHIES** for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, & 4<sup>th</sup>

**FORMAT:** **4-Man Round Robin**, bracketed by approximate weight

**QUESTIONS:** Tournament Director: Josh Gannon, Joshgannon@hey.com

**PLEASE NOTE:**

- Three 1 minute periods all Divisions
- Maximum weight difference of 7.5%
- Wrestlers proven not to be a beginner will be removed (1<sup>st</sup> year wrestler, or below .500 record last year)
- Doors open at **8:00am**