



LAKEWOOD MIDDLE SCHOOL

ATHLETIC DEPARTMENT

Ph. 616-374-2401

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Lakewood Middle School Wrestling Individual Tournament

Date – *Friday January 26th, 2024*
4:30pm start

Location – Lakewood High School – main gym
7223 Velte Rd.
Lake Odessa, MI

Contact – Ryan King, MS Head Coach
ryanking@lakewoodps.org
616-374-2400

Or

Tony Harmer, HS Head Coach
harmert@lakewoodps.org

Format – 8-man individual brackets, double elimination

- Weight Classes – 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120, 125, 130, 137, 145, 155, 167, 185, 215, 245, Hwt. (Min. 246lbs. - Max 285lbs.)
- Weight classes may be combined to fill brackets
- Wrestling on 3-4 mats
- Thursday night weigh-in, rosters emailed by 7pm on 1/25/24 to ryanking@lakewoodps.org
- Awards and medals for top 3 individuals and team champ
- Cafeteria space (no crockpots!) and concessions available

Costs - \$200.00, First 10 teams returning payment and contract will be signed up! Send payments to -

Lakewood Middle School Athletics
8699 E. Brown Rd.
Woodland, MI 48897

Updated 1/9/2023