



2024 LA Kids Folkstyle State Championships

Saturday, March 16, 2024

Raising Cane's River Center, 275 S. River Road, Baton Rouge, LA 70802

Entries must be submitted by: Thursday, March 14, 2024 by 11:00 pm. NO DOUBLE ENTRIES. USE TRACK LINK that will be emailed to you. ONLY WRESTLERS FROM LOUISIANA ARE ALLOWED TO PARTICIPATE!

Weigh In: Raising Cane's River Center FRIDAY (5:00-8:00 pm) or SATURDAY morning (6:30- 7:30 am)

275 S. River Road, Baton Rouge, LA 70802.

Note: All athletes must weigh-in in their singlet or competitive uniform. Wrestlers are allowed two attempts to make weight on different scales, OR they may go up a weight class.

SCHEDULE:

Session 1: 8:00 am to 1:00 pm (Approximate)

8U, 12U, 16U

Session 2: 1:00 pm (Approximate) to 6:00 pm (Approximate)

10U, 14U, Open, Girls 1, 2, 3

ENTRY FEES:

\$20/Wrestler. Make checks payable to: Louisiana USA Wrestling. Payments will be due Saturday prior to wrestling. Once a wrestler has been entered the entry fee is due whether he or she wrestles or not.

Admission:

Adults \$15 and Kids 12 and under \$5, Tickets will be sold on Friday at the River Center 5:00-8:00 pm. Tickets are also available online later this week.

AWARDS:

1st, 2nd, 3rd place medals/Long Sleeve Hooded Tee-Shirts & Trophies for champions in each weight class.

RULES:

All Wrestlers & Coaches must have a valid USA Wrestling Card & follow rules set by USA Wrestling.

COACHES must wear their CURRENT card around the neck area the entire tournament and must be wearing the Card to enter the SOUTHWEST Gate. Please be sure all your credentials are correct and up to date. **PLEASE DO NOT ASK TO PRINT YOUR COACHES' CARD. WE WILL NOT.** Coaches your name has to be on the LA USA Wrestling Coaches List. We will print out the most current list on Friday night (3/15).

WORKERS:

Coaches please send me the first and last name of each worker and the club they are representing. Please send in groups of THREE or FOUR. Each club may volunteer one group per mat per session. High School Wrestlers who know how to run Track Wrestling on a Laptop are extremely helpful. We also need lots of help to set up on Friday starting at 3:00, Checking Coaches, Wrestlers, and Workers into the tournament, Awards, and also need help with the weigh in starting at 5:00. And of course help in picking up everything at the end.. WORKERS enter through the SOUTHWEST Gate. **WORKERS GET IN FOR FREE, FREE FOOD AND DRINK, and allows your club to make \$100/session/mat if they are on the list and there are no problems with your workers.**

HOTEL ROOM COUNT:

Coaches as you know the Raising Canes is a very nice venue which LA USA Wrestling gets a tremendous discount because your clubs stay in Baton Rouge Hotel Rooms. Please see the attachment about LA USA Wrestling getting credit for these rooms. Please feel free to make copies of this form and have your parents fill them out and you can email them to me or turn them into the head table on the day of the tournament whichever is easier for you. Thank You.

WRESTLING GEAR BOOTH:

There will be a booth selling USA Wrestling Gear

CONTACT: Coaches ONLY: Mark Moreau (225)266-8786 or pmomoreau@gmail.com

ALL ENTRY CHANGES AFTER DEADLINE: Please Email: Jenn Macha at jennjomacha76@gmail.com