



LIONS DEN THROWDOWN

LOCATION : MOUNTAIN CITY CHRISTIAN ACADEMY
6575 E Northern Lights Blvd.

SATURDAY, MARCH 16TH 2024 FREESTYLE + GIRLS

- 7:30-8:00am Weigh-ins for those that didn't do satellite weigh-ins, must wear singlet
- 9:00am Coaches & Officials meeting
- 10:00am Wrestling begins for 6U, 8U, 10U
- 1:00pm Wrestling begins for 12U, 14U, 16U, USA Juniors and Open

***WRESTLERS SHOULD ARRIVE AT LEAST 1 HOUR PRIOR TO START TIME TO CHECK THEIR BRACKETS, NO CHANGES WILL BE MADE TO BRACKETS 20 MINUTES PRIOR TO POSTED START TIMES.**

*****Headgear and Mouth Guard for braces are strongly recommended for all ages but not required*****

REGISTRATION : **NEW PROCESS** Same for Clubs as well as individuals.

Go to this link: www.usawmembership.com/usaw events registrations/participant, log into your USAW membership account. Search for AK Events at the top of the page then select Register left of "Lions Den Throwdown." Athletes must be affiliated to their Club and Registered for the event by the time of your Club's Thursday Satellite weigh-in to be eligible for Satellite weigh-in. Clubs must have weights entered by midnight AK time Thursday, March 14th*. Registration after that must be done on-site at the Head Table closing at end of the posted weigh-in time. CLUBS: provide sign off sheet of Coach/Official doing skin/nail checks and Pairing Official entering weights to Stacey Medeiros. Can be delivered upon arrival or emailed ahead to: yecatsak@gmail.com.

ENTRY FEE: \$25 per wrestler, per entry. All wrestlers must have a valid USAW membership card.

MATS : We will run 12 half mats in the morning and 6 full mats in the afternoon.

COACHES : Coaches MUST have a current USAW 2024 Wrestling Leader Membership, Copper or Bronze and Concussion Certification to be on the mat or in the hospitality room. Coaches wristbands will be handed out at the Coaches meeting.

AWARDS : Medals will be given to the top three wrestlers in each bracket.

CONCESSIONS/HOSPITALITY : Concessions will be available. Hospitality will be available for coaches with wristbands and officials ONLY.

Questions? Contact Krissy Houck (907) 205-8391

Email : ak.lionsdenwrestling@gmail.com