



**2024 DIG DEEP
Freestyle/Folkstyle
Tourn
4/20/2024
@Lafayette High
17050 Clayton Rd
Wildwood MO 63038**

Start Times:

- 7:30 a.m. **Weigh-ins for unattached wrestlers, not submitted by a team coach.
. Must weigh in before 8:00 a.m.
If your coach e-mails in your weight, you do not have to weigh in.**
- 8:30 a.m. Rules clinic and demonstration
- 9:00 a.m. Wrestling begins Freestyle followed by Folkstyle
- 11:30am Check In for all Folkstyle Only Wrestlers

Weight Classes:

Elementary k-5th, Middle School 6th-8th, High School Fr-Sr, Girls 7th-Sr:
Grouped into pools of four or five with the goal of three matches for everyone
We will make every attempt to group wrestlers based upon age and ability level.
The groupings will be dependent upon weight; if there is too much weight
difference we will have more groups with fewer competitors in other groups.

Rules: USAW Freestyle rules with 1:30 Elm, MS, and 2:00 min HS periods
Folkstyle with 1.5 min periods

Entry Fee:

\$35.00 / \$50.00 for Both Styles paid online, \$40/60 paid at the door.
Sanctioned by USA wrestling and accident coverage by the same.
Everyone must have a CURRENT USA card to wrestle.
Checks made payable to DDWT or Venmo at the door.

Admission for spectators \$5 per person 10 and under free

Pre Registration online on TRACK WRESTLING

Register at:

http://www.trackwrestling.com/registration/TW_Register.jsp?tournamentGroupID=250904132

Teams: Club coaches are responsible for weighing in and submitting weights. All entries must be made through Trackwrestlings pre-registration link above.

Everyone must register on-line or at the walkin registration.. Online payment is preferred. You will need to weigh in by 8:00 a.m on site unless your team submits the weights.

Pre-registration closes at **midnight, Thursday, April 18th** . (\$40 for one style at the door or \$60 for both.) . **MUST BE PAID BEFORE WRESTLING STARTS.**

Please make checks payable to DDWT or Venmo at the door.

Liability Release:

I, the undersigned, individually and as a Parent/guardian
_____ (wrestler's name)

As a minor, ask that he/she be admitted to participate in the above USA wrestling sponsored event. I do hereby agree to release, discharge and hold harmless USA wrestling & Lafayette High School, Dig Deep Wrestling Club, & their agents and employees of and from all causes, liabilities, and damages, claims, or demands whatsoever on account of any injury or accident involving the said minor arising out of the minor's attendance at the sporting event or in the course of competition held in connection with this event.

Signed _____