



2024 TIGER JV/FROSH DUAL MEET CHAMPIONSHIPS

Saturday, January 20

PLEASE
NOTE

\$325.00 REGISTRATION FEE DUE BY FRIDAY, January 5, 2024
Please send check to above Lewis & Clark address, to the attention of the
Business Office.

**Teams admitted to the tournament on first come first served basis. Get
your registration fee turned in early to guarantee your team a spot.**

Attn: Wrestling Coach:

Our LC Wrestling Tournament will be held on the third weekend of January (Saturday, January 20). **You are invited to participate in this wrestling tournament. If you are planning on attending our tournament please contact Aaron Petak (509-368-0227) email: aaronp@spokaneschools.org or Jeremy Richardson (509-979-1711) email: jeremyri@spokaneschools.org ASAP. IF YOU DO NOT CONFIRM, YOU WILL NOT BE ABLE TO ATTEND.**

The tournament format is a 12 Team Dual Meet tournament. **Each team is guaranteed 4 duals.** Wrestling will begin at 9:00 am. Extra wrestlers are allowed and will be farmed out to fill holes on other teams if possible. Each team will have a bye in one of the first 3 rounds. We will have two mats open for exhibition matches during the first 3 rounds of the tournament.

AWARDS: Top 3 individuals at each weight receive medals. This will be determined by overall record and number of pins. Top 2 teams receive trophies.

WEIGH-IN: Saturday, from 7:00-8:00am. Teams may weigh in as many wrestlers as they would like. Wrestling begins at 9:00 am.

ADMISSION: There will be a \$5 dollar charge for spectators, 12 and under free.

**NFHS
Weights**

Questions: Aaron Petak – Head Coach – (509) 368-0227 email: aaronp@spokaneschools.org
Jeremy Richardson – Assistant Coach – (509) 979-1711