



2019 RON LAMELL WARRIOR WRESTLING FESTIVAL

SUNDAY JANUARY 20, 2019

Divisions by Grade: K-2, 3-4, 5-6, 7-8

Cost: \$20/wrestler

Admission: \$5/adult, \$3/child, children under 5 are free

Format: K-2, 3-4, 5-6 & 7-8 will be 5-man Round Robins. Madison Weights.

High school Officials. Headlocks are legal.

Weigh ins: K-2 & 3-4 will be honor weights. 5-6 & 7-8 weigh in on Sunday 10:30 – 11:30am.

All wrestlers must pass skin checks. Skin checks will be done before wrestling. Proper documentation will be needed for skin conditions.

Location: Weigh ins and wrestling will be held at Essex High School, 2 Educational Drive, Essex Junction, Vermont 05452

Time: K-2 & 3-4 will start promptly at 9:00am. 5-6 will start immediately after K-2 & 3-4. 7-8 will start at 1:00pm (per VPA rules)

Awards: Trophies will be awarded for 1st-3rd place. Medals will be awarded for 4th – 6th place.

Registration: Please email team rosters to Glenn Caraday at Ddroptopfan@gmail.com. Team rosters should be in an excel spreadsheet and include: name, grade, exact weight and experience (A+, A, A-). Rosters are due no later than 8:00pm on January 16, 2019.

For any question, call Chris Isham at (802) 556-1011 or coachchrisisham@yahoo.com