

47thAnnual
CENTRAL CASS LETTERMEN'S TOURNAMENT
January 5th and 6th 2018
AT NORTHERN CASS SCHOOL

Teams: *Barnesville, Bishop Ryan, Britton-Hecla, Central Cass, Ellendale/Edgeley-Kulm, Grafton, Harvey, Hillsboro, Kindred, LaMoure, Larimore, Lisbon, MPCG, New York Mills, Northern Lights, Oakes, Pembina County North, Roseau, Rugby, South Border, Velva, Webster*

Tournament Managers: **Nancy Nelson**
nancy.nelson@k12.nd.us
701.799.4213 (c)

Travis Lemar
travis.lemar@k12.nd.us
701.730.2381 (c)

Skin Checks 2:30 p.m. – Friday/8:00 am - Saturday
Weigh-ins: Immediately following skin checks

Start times: 4:30 p.m. – Friday/9:30 a.m. – Saturday

- ❖ **Because of construction to our school the tournament will be held at Northern Cass Public School this year only.**
- ❖ We will be entering all wrestlers through Trackwrestling. **ALL wrestlers must be entered by Wednesday and no changes will be accepted after Wednesday.** We will seed at the coaches meeting following weigh-ins on Friday.
- ❖ Please *e-mail* breakfast (see info below) count *no later* than Friday, December 30 to nancy.nelson@k12.nd.us
- ❖ Let me know if you have female wrestlers and/or cheerleaders so I can make sure to have a changing room for them.
- ❖ **Weight allowance on Friday - two (2) pound growth allowance plus one (1) pound for dual previous night 106# can weigh 109#; Saturday – one (1) pound, 106# can weigh 110#.**
- ❖ **Skin checks will begin promptly at 2:30 pm on Friday and 8:00 am on Saturday** by our trainer from Sanford Health. If any of your wrestlers have had skin issues, they **MUST** have their form clearing them. **No form, no wrestling, no exceptions!** Weigh-ins will follow skin checks.

Awards: Team trophy for first and second place; Awards for first through sixth places.

Entry Fee: **\$150.00 per team - mail before or bring with to tournament**

Admission: Friday -- \$6 – Adults/\$4 – Students
Saturday -- \$8 – Adults/\$6 – Students

Central Cass Booster Club will serve a complimentary breakfast for the wrestlers, coaches, stats, cheerleaders and bus drivers following weigh-ins.

Concessions will be available by the Northern Cass Boosters throughout the tournament and a hospitality room will be available for coaches and officials ONLY.