

*49<sup>th</sup> Annual*  
**CENTRAL CASS LETTERMEN'S TOURNAMENT**  
*January 10<sup>th</sup> and 11<sup>th</sup> 2020*

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

**Tournament Managers:** **Travis Lemar**  
[travis.lemar@k12.nd.us](mailto: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

- ❖ We will be entering all wrestlers through Trackwrestling. **ALL wrestlers must be entered by Wednesday, January 8 and no changes will be accepted after Thursday, January 9.** We will seed at the coaches meeting following weigh-ins on Friday.
- ❖ Please *e-mail* breakfast (see info below) count *no later* than Tuesday, December 31 to [nancy.nelson@k12.nd.us](mailto:nancy.nelson@k12.nd.us) so we can plan accordingly.
- ❖ 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:** **\$200.00 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 Central Cass Boosters throughout the tournament and a hospitality room will be available for coaches and officials ONLY.