

# Fremont Wrestling Club Tournament 2009

2009 FWC tournament will be held on Saturday Dec 5<sup>th</sup> 2009. We will start weighing at 6:00 a.m. and the scales will close at 8:30 a.m. We will start wrestling at 9:00 a.m. \$10 entry fee. We will wrestle grades k-3 in the small gym and grades 4-9 in the large gym. USA Wrestling card not required but recommended.

Grades K-4 will be round-robin style in groups of 4 with each wrestler receiving a medal.

Grades 5-9 will be put into eight man brackets (any weight over 4) and will wrestle double elimination. We will have both advanced and beginner groups. Top four wrestlers will medal. If a 5-9 weight has 4 or less we will decide whether to combine with another weight or round-robin them. We would like each wrestler to wrestle a minimum of 2 matches.

Projected schedule (subject to change based on numbers)

Small Gym: (times are tentative) Kindergarten 9:00 a.m. 1 <sup>st</sup> Grade 10:00 a.m. 2 <sup>nd</sup> Grade 11:00 a.m. 3 <sup>rd</sup> Grade 12:00 a.m.	Large Gym: 4 <sup>th</sup> Grade 9:00 a.m. (to allow us to finalize Grades 5-9 brackets) Grades 5-9 (as soon as 4 <sup>th</sup> grade round robins are finished)
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There will be a complete concession stand and we will have a trainer on site.

## Sample Weight sheet

Print Name: \_\_\_\_\_ Grade: 5, 6, 7, 8, 9

School/Club: \_\_\_\_\_

### Beginner

65, 70, 73, 76, 80, 83, 86, 90, 93, 96, 100, 104, 108, 112, 116, 120, 124, 128, 132,

138, 145, 155, 170, 190, 210, 250, 250+

### Advanced

(2 or more years experience)

Any questions contact Shane Denton @ 801-698-6132 or [sdenton@weber.k12.ut.us](mailto:sdenton@weber.k12.ut.us)