



2009 VIKING Freestyle/Greco Wrestling Tournament

Francis Howell High School
Saturday, April 25, 2009

WWW.FRANCISHOWELLWRESTLING.COM

Start Times

7 a.m. Weigh-ins

7:30 a.m. Weigh-ins end. If you have **NOT** registered and checked in by 7:30 a.m., you will not be able to wrestle

9 a.m. Rules clinic and demonstration

9:30 a.m. Freestyle wrestling begins. Greco will begin at the conclusion of freestyle.

Awards

Medals will be given to the top three in each weight class.

Divisions

- Middle school
- High school

We will make every attempt to group wrestlers based upon age and ability level. Divisions will depend upon weight; if there is too much of a weight difference within a group, we will have more groups with fewer wrestlers in each group.

Entry fee

\$15 for one style, \$25 for both

Location

Francis Howell High School
7001 Highway 94 South
Saint Charles, MO 63304

Pre-Registration

Please e-mail registrations by noon Friday, April 24 to: kevin.stroh@fhdschools.org

Or Mail to : 1 Pinnacle Place
St Charles, MO 63303

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Entry

Name _____

Weight _____ Grade(08-09) _____

Division _____ Middle School _____ High School

I want to wrestle _____ Freestyle _____ Greco _____ Both

Season Record _____

Accomplishments

Freestyle Experience

Greco Experience

Please make checks payable to County Elite freestyle club

Liability Release:

I, the undersigned, individually and as a parent/guardian _____
(wrestlers name) As a minor, ask the he/she be admitted to participate in the above
USA wrestling sponsored event. I do hereby agree to release, discharge and hold
harmless USA Wrestling & Viking wrestling club, their agents and employees of
and from all causes, liabilities, and damages, claims, or demands whatsoever on
account of any injury or accident involving the said minor arising out of the mi-
nor's attendance at the sporting event or in the course of competition held in con-
nection with this event.