

5th Annual LINCOLN



Summer Wrestling League

FREE SUMMER LEAGUE T-SHIRT WHEN REGISTERED BY 6/11/17

Divisions: Pre-K - 6th, 7-8th & High School

COMPETITION: **Folkstyle** – Matches based off of skill level as much as possible when being paired. **Weight cutting is DISCOURAGED.** Youth matches will be 1-1-1, high school matches 2-1-1 using NFHS Rules. Wrestlers will wrestle in in at least 3 matches every Sunday. **Your wrestler is guaranteed a minimum of 12 matches (most wrestlers wrestled 13-16 matches at our Summer Wrestling League last year!).**

WHEN: Sundays: Jun 25th, Jul 2nd, 9th, & 16th

START TIMES: Pre-k – 6th **12:00pm**
7th – 8th, & High School **Conclusion of Pre-k – 6th (Estimating 2:00pm)**

WHERE: Competitive Edge Sports
2604 Park Blvd #2
Lincoln, NE 68502

AWARDS: Team Awards:
Summer League Road Warriors – Trophy awarded for most miles traveled.

Individual Medals:
Wounded Warrior – Wrestle 12 matches
Ironman – Wrestle 13 – 15 matches
Invincible Ironman – Wrestle 16+ matches
*Note individual medals do not stack, you can only earn one individual medal.

ENTRY FEE: **\$40** includes a T-shirt when registered and paid by 6/11/17
\$50 when registering after 6/11/17 (this includes walk-ins)

ONLINE REGISTRATION: <http://www.lincolledge.com/summer-league/>

QUESTIONS/Email: Josh@LincolnEdge.com

PLEASE NOTE:

- League matches ran using track clocks
- Attire - Singlet, and headgear recommended.
- Shorts, shirt, and wrestling shoes required.
- *Seating for families, air-conditioned facility
- No high school singlets while wrestling
- Certified Officials
- Online Registration Only (walk-ins day of)
- Grade is the 2017-2018 school year