

2019 Army National Guard Prowler Invite

Tournament Date: January 19, 2019

Location: Ralph Engelstad Arena, Thief River Falls

Weigh-ins and Skin check: We will now pre-seed the night before. Skin checks and weigh-ins will start promptly at 8:30am and finish with coaches meeting. ***THERE WILL BE AN ADDITIONAL 2-POUND ALLOWANCE BEYOND THE 2 POUNDS AFTER THE FIRST OF THE YEAR. (for both varsity & JV). Example: 106 will be 110 and 113 will be 117. In JV the weights will be the same as varsity due to the addition of a junior high tournament.

Start Time: 10:00am for all three levels.

Participating Teams for Varsity: Thief River Falls, Bemidji, BGMR, Blackduck-CLB, Crookston, Detroit Lakes, Fertile/Beltrami, Bertha-Hewitt VPP, Minnewaska, Ottertail Central, Park Rapids, Pelican Rapids, RLCC, Roseau, Walker-Hackensack-Akeley-Nevis, Nashwauk-Keewatin, and Grand Forks RR.

Additional Teams for JV: Fergus Falls

Varsity Tournament: We will be wrestling on 4 mats. We will take minimal breaks and run straight through the day, finals starting around 5:00pm and finishing up around 7:00 pm. We will wrestle through 8th place.

JV Tournament: Will be run on 2 mats and continuous with only minimal breaks throughout the day. Weight classes will be same as varsity, with the addition of a 95 lb. weight class.

JH Tournament: Will be run on 2 mats and continuous with only minimal breaks. There will not be specific weight classes but we will bracket the wrestlers that day. All JH Wrestlers will weigh-in individually and need to fill out a weigh-in form. Coaches should help direct this process.

WE WILL BE USING **TRACK WRESTLING**. AN ADDITIONAL EMAIL WILL BE COMING FOR ROSTER SUBMISSIONS (VAR & JV ONLY).

Concessions: Will be available throughout the day. There will be no coolers allowed in the arena after the ticket window opens. TEAMS, PLEASE PUT YOUR TEAM FOOD DOWNSTAIRS. The only outside food allowed in will be that which comes with the bus and wrestlers.

Bus Parking and drop off: The buses are to drop wrestlers off on the east side of the arena and are to park on the farthest east side of the parking lot.

Locker Rooms: Teams will be assigned locker rooms. Please do not leave valuables in there and be sure to monitor your locker room throughout the day. We are not responsible for any lost or stolen items.

Tournament Fees: \$275 per team, (\$150 if you are only bringing JV) please pay in advance. Payable to: LHS Activities, 101 Knight Ave. S., TRF, MN 56701

Fan admission: \$10 for adults, \$5 for students - this is good for all day

Questions or concerns: Please contact Brian Kasprick, Kenny Geiser or Mike Biermaier at TRF high school at 218-681-7140 or by email.

Fax Number: 218-681-7141

Email:

bjkasprick@invisimax.com
or **kgeiser@trf.k12.mn.us**
or **mbiermaier@trf.k12.mn.us**

Hotel Information

Grand Stay
218-681-9988

America's Best Value Inn and Suites
218-681-6205

C'mon Inn
218-681-3000

Best Western Inn
218-681-7555

AmericInn
218-681-4411

Seven Clans Casino and Waterpark
218-681-4062