

**First Annual**

**02.11.2024**

# **LGW DUALS**

## **Limited to 6 Teams**

**-each team will get 3 duals**

## **No Set Weight Classes**

**Coaches will set pairings**

**-based on age weight & ability**

**Teams Limited to 18 wrestlers**

**- clubs are encouraged to co-op, but no all star teams!**

**Teams should have one person to help with table**

**Teams should submit roster by Friday**

**For Information contact:**

**Pete Thew (402)440-4875 or [pthew2002@yahoo.com](mailto:pthew2002@yahoo.com)**

**Wrestlers must weigh in by 10:30**

**Coaches meeting at 10:45**



**11:30 am @Lincoln High**