

Le Sueur Henderson Wrestling
NYWA 7-8th Grade TEAM Regional
Region 2



When: Sunday, March 19th, 2023

Location: Le Sueur Henderson HS Gym. 901 Ferry Street, Le Sueur MN 56058

Time: Weigh-ins 7:30-8:30 am. Wrestling begins at 9:30 am.

9 Weight classes with 4 Alternates: 85, 95, 105, 115, 125, 135, 150, 160, HWT – Max of 235 lbs.

Coaches Meeting at 9:00 am in the Coaches Room.

No weight allowances

Three – one minute thirty second periods.

Double elimination. Wrestlers can move up only one weight class. Head gear is required.

Admissions: \$5.00 Adults. Students \$1.00

Programs: \$2.00

2023 NWYA Membership card is required for each wrestler

Food Truck Concessions ALL DAY.

Team Plaques will be given to the top four teams.

Team Registration online: nywa-mn.com

For questions: Please contact Angie Wilson 612-443-5710