

Merrimack Youth Wrestling's
14th Annual 2019 Tomahawk Throwdown
Sunday, January 19th 2020

- Location:** Merrimack High School, 38 McElwain Street, Merrimack, NH
- Cost:** \$26 per wrestler – no refunds, \$5/spectator (12 and under free)
- Registration:** FloWrestling – Final registration by 1/16/20. Registration limited to the 1st 350 wrestlers.
- Registration:** <https://events.flowrestling.org/event/d12cebea-6cae-ff93-8e5c-38114b9e5691/summary>
- Facebook link:** <https://www.facebook.com/events/2455639478096538/>
- Weight:** **K-4th will not weigh-in:** A wrestler must be **no more than +1lb over** reported weight on day of event. **Coaches may issue weight challenge to the head table by providing \$40.** If wrestler is more than +1lb of weight bracket then wrestler is disqualified and \$40 is returned to challenger. If wrestler is no more than +1lb of weight bracket then \$40 is kept by head table.
- K-4th skin check 7:30-8:00am:** weight room off of gym (back left side of gym)
- 5-8th weigh ins 10:45-11:30 am:** weight room off of gym (back left side of gym)
- Awards:** Medals for 1st, 2nd, 3rd place awarded in cafe at completion of bracket
- Concessions:** Breakfast, lunch and snacks served in the cafeteria. Please no food in the gym.
- Schedule:**
- 7:30-8:00am:** K-4 check in-Head coach pickup team check in sheet in lobby, hand in completed team list to head table. K-4 skin check in weight room off of gym (back left side of gym)
- 8:15am:** Coaches meeting
- 8:30am:** K-4th wrestling starts
- 10:45-11:30:** 5-8th weigh ins in weight room off of gym (back left side of gym)
- 12:30pm:** 5-8th wrestling starts
- Format:** Madison weights, 1-1-1, Double-elimination for 8-man brackets, round robin brackets for classes with 5 or fewer wrestlers, Flo scoring
- Divisions:** **K-2nd** **3-4th** **5-6th** **7-8th**
- Coaches may adjust weight class for registered wrestlers via email to director.myawrestling@gmail.com before close of registration on January 16, 2020.**
- Contact:** Heather Meehan, 603-801-9314, director.myawrestling@gmail.com