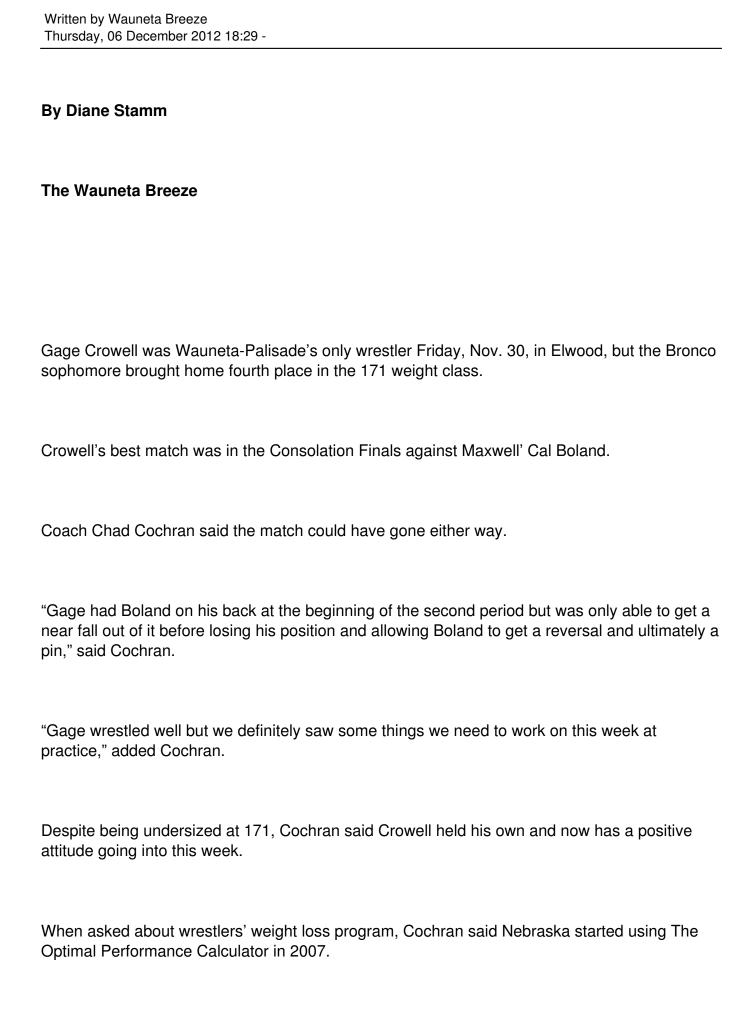
## Crowell places fourth at Elwood for W-P wrestling



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Semi Finals: Connely (KC) over Crowell, Pin 0:45

Consolation Semi Finals: Crowell over Kearney (SEM), Pin 1:37

Consolation Finals: Boland (MAX) over Crowell, Pin 1:43

Written by Wauneta Breeze Thursday, 06 December 2012 18:29 -Before their first competition, every athlete has to take a hydration test. If they pass, they take a body fat test and weigh in. After the testing is done, the information is entered by a NSAA approved assessor into the OPC to figure out a healthy weight class an athlete can participate at. The OPC will allow a wrestler to lose 1.5% of their weight each week until down to that optimal weight class. Crowell will wrestle 171 pounds at Southern Valley Friday, before dropping to the 160 pound weight class for the Cambridge Invite on Dec. 15. Results: Round 1: Crowell over Remmenga (ELW), Pin 0:52