

CATCH THE LOG ROLLING ACTION!



- Sunday July 28, 4:30 p.m.
(or immediately following
Brewers postgame)
- Sunday July 28, 2:30 a.m.
- Monday July 29, 8:30 a.m.
- Monday July 29, 5:00 pm
- Monday July 29, 10:00 pm
- Saturday August 3, 7:00 am

- Sunday July 28, 4:30 p.m.
(or immediately following
Twins postgame)
- Sunday July 28, 2:30 a.m.
- Monday July 29, 8:30 a.m.
- Monday July 29, 5:00 pm
- Monday July 29, 10:00 pm
- Saturday August 3, 7:00 am



**THANK YOU!! TO OUR GENEROUS
2019 SPONSORS:**



July 13 & 14, 2019



Photo Credit Aperture by Joanie Davenport

Professional Competition (Saturday only)

- 11:00am Introductions & National Anthem
- Pro Competition Round 1 & 2
- (Short Break for production set)
- Semi Finals & Finals- Awards 1st and 2nd
- Back Bracket
- 3rd Place Awards
- Adult Sport

Welcome to the 12th Annual Three Rivers Roleo!

Today is a celebration of the History of Onalaska, as well as the sport of log rolling. It's my pleasure to welcome you to the historic Great River Landing for a day of competition and fun. Onalaska was founded as part of the lumbering industry, and the site of Three Rivers Roleo is an historic logging site in Onalaska. Because of the support of both the log rolling community and those who live in and around the La Crosse area, the Three Rivers Roleo has become one of the most well respected and competitive tournaments in the sport.



COMPETITION INFORMATION



In a log rolling competition, opponents' step onto a floating log, spin it rapidly, stop or snub it suddenly, and try to reverse the motion of the log in order to send their opposition into the water. When one contestant is off the log, the remaining opponent "takes the fall." A match is the best of 5 falls. Each size log has a designated time limit. If a winner has not been declared when the time elapses for the current log, "time" is called, and the competitors move on to the next smaller log. Competitors are not allowed to touch their opponents nor cross the center line during a match.

Log	Diameter	Color	Elite Men Time	Elite Women Time
1	15"	red	1 min	N/A
2	14"	white	3 min	1 min
3	13"	blue	5 min	3 min
4	12"	yellow	unlimited	unlimited

Running vs. Bucking Matches

When the competitors face in opposite directions, they are said to be involved in a bucking match. Only one roller can use his/her front step at a time (this is typically a roller's strongest step), leaving the other competitor is to use their back step. A stronger competitor may try to stop the log, turn it the other direction, and force his or her opponent to use a back step.

When both competitors are facing the same direction, they are involved in a running match. Each roller is using the same step. If the rollers are evenly skilled, a running match tends to take a longer amount of time. You can expect to see a stronger opponent try to stop the log or splash in an attempt to catch their opponent off guard. The judge will stop the match if the rollers come to close to an object that might interfere with rolling or may be dangerous.

KRICK, LLC & Local Log Rolling Programs

KRICK, LLC: Offers log rolling instructor training. This is a turnkey program where you can attend one of our courses, or we will come to a facility and train teachers. The goal is to take swim instructors or other individuals familiar with sports in general, and provide them with the fundamentals of teaching log rolling. Susan Bulk, co-author of the materials, has successfully taught thousands of students, both youths and adults, without being a roller herself. Materials include an instructor training manual with complete lesson plans written by WSI Instructors. Visit kricklogrolling.com for more information or for tournament information visit threeriversroleo.com or like us on Facebook or Instagram.

Local Programs:

Onalaska Park and Rec – Great River Landing; La Crosse YMCA;
La Crosse Area Log Rolling Association; Holmen Park and Rec;
La Crescent Park & Rec, Winona Park & Rec, Sparta Park & Rec

For programs across the country check out USLOGROLLING.COM

Past Three River Roleo Champions		
	Men's	Women's
2010	Jacob Rick	Shana (Martin) Verstegen
2011	Jacob Rick	Shana (Martin) Verstegen
2012	Carl Rick	Shana (Martin) Verstegen
2013	Carl Rick	Emily Christopherson
2014	J.R. Salzman	Gretchen Greene
2015	J.R. Salzman	Gretchen Greene
2016	Garrick Birdsong	Ellie Davenport
2017	Jamie Fischer	Meredith Ingrebretson
2018	Connor Birdsong	Livi Pappadopoulos
*2008 & 2009 Amateur Competition only		

2019 Three Rivers Roleo Men's Competitors

**Denotes World Champion*



Cameron Pilgreen
Watertown, WI



Conner Birdsong
Onalaska, WI



Will Hoeschler
San Francisco, CA



Tanner Hallett
Oconomowoc, WI*



Matthew Delaney
Saint Louis Park, MN



Anthony Polentini
Hartland, WI



Garrick Birdsong
Onalaska, WI



Brian Duffy*****
Hayward, WI



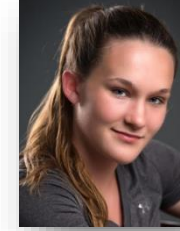
Shane burns
La Crosse, WI



Meredith Ingbretson
Hayward, WI **



Ellie Davenport
Hudson, WI *



Livi Pappadopoulos
Holmen, WI *



Emily Christopherson
Portland, OR



Abigail Delaney
Saint Louis Park, MN



Haley Penning
Hayward, WI



Margaret Bulk
Hermosa Beach, CA



Maggie Penning
Hayward, WI



Olivia Judd
Madison, WI



Shana Verstegen
Madison, WI****



Katie Burke
De Pere, WI



Claudia Duffy
Hayward, WI

Professional Women’s Double Elimination

Live Bracket updates www.logroller.com

 **Three Rivers Roleo**



Professional Men’s Double Elimination

Live Bracket updates www.logroller.com

 **Three Rivers Roleo**

