

TRI-CAP Wrestling Club
9th Annual ROOKIE ONLY Tournament

Saturday, December 4, 2021



Coaches Meeting: 8:40 a.m. SHARP
Wrestling Begins: 9:00 a.m. approximately
Remote Weigh-Ins Only

Cost: \$20 Non-Refundable

Location: Helias Catholic High School,
1305 Swifts Highway, Jefferson City, MO 65109

Registration: by e-mail

USA card numbers must be on entry form
(1ST YEAR WRESTLERS ONLY)

Please Email Excel spreadsheet of your rosters of 1st Year Wrestlers to tricapwrestlingclub@hotmail.com
AND mail a copy of the roster along with payment (make checks payable to: Tri-Cap Wrestling Club) to:
Mike Duncan, 1623 Bunker Hill rd, Jefferson City, MO 65101
Questions please call: 573.821.6934

Entries must be received by SUNDAY, NOVEMBER 28TH. ENTRIES LIMITED TO 150 WRESTLERS!

NOTE: Payment must be with registration. Wrestler & Coach's USAW cards are required.

WRESTLER'S AGE AS OF December 31, 2021 WILL DETERMINE AGE GROUP - ABSOLUTELY NO HIGH SCHOOL STUDENTS

General Admission: \$3 adults; students \$1; children 6 and under **FREE**

Tournament Format: 3/4/5 person round robin brackets
Bullpen will be used for all age groups
Medals will be awarded for all wrestlers
Weights may be combined where a small number of entries exist
Only two coaches permitted mat side

Match Periods: 6U & 8U (1-1-1)
10U, 12U & 14U (1 ½ - 1 ½ - 1 ½)
Overtime Periods (Sudden Victory – 30 seconds per MSHAA Rules)
1 hour rest period not in effect.

Refreshments: Concessions & hospitality room will be limited.

Directions: From Highway 50, take Jefferson Street SOUTH to Swifts Highway, follow Swifts to Helias Catholic High School. From Highway 54, take Jefferson. Turn left on Stadium Drive to Helias Catholic High School on right.

TRI-CAP WRESTLING CLUB (coaches and members), HELIAS CATHOLIC HIGH SCHOOL, HELIAS STAFF, AND ALL TOURNAMENT WORKERS WILL NOT BE RESPONSIBLE FOR ACCIDENTS OR THEFT OF ITEMS AT THIS EVENT.