

33rd Annual TRI-CAP Wrestling Club Tournament
Sunday, January 23rd, 2022



Weigh-Ins Times:

Saturday, January 22, 6:30 – 8:00 p.m. (Singlet)
Sunday, January 23, 6:00 – 7:45 a.m. (Singlet)

Coaches Meeting: 8:40 a.m. SHARP
Wrestling Begins: 9:00 a.m.

Entry Fee: \$20 Non-Refundable
\$10 extra for weight changes after January 18th

General Admission: \$3.00 Adult/\$1.00 student
6 years & under free

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

Registration: Please e-mail Excel spreadsheet of your rosters with exact weights, USAW card numbers and ratings to:

tricapwrestlingclub@hotmail.com

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

WRESTLER'S AGE AS OF December 31, 2021 WILL DETERMINE AGE GROUP - ABSOLUTELY NO HIGH SCHOOL STUDENTS
Entries must be received by SUNDAY, JANUARY 16TH, 2022.

NOTE: Entry limited to first 500 wrestlers. Payment must be with registration. Wrestler & Coach's cards are required.

Tournament Format: round robin brackets with closest weights and rating. There will be as many 5 person brackets where feasible. Only two coaches permitted mat side. Medals will be awarded for 1st – 3rd place. Weights may be combined where a small number of entries exist.

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.

PLEASE USE THE FOLLOWING RATING TO SEED YOUR WRESTLERS:

Please use 2018-19 results for ratings. (1) State Place Finisher – 1-8 place (list place) (2) Good Wrestler – State Qualifier (3) Experienced wrestler but has not qualified for state (4) 1st or 2nd year wrestler (novices only)

Refreshments: Breakfast, lunch and snacks will be served from the concession stand. We always have a very nice hospitality room for coaches and officials!

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