

TRI-CAP Wrestling Club
10th Annual ROOKIE ONLY Tournament

Sunday, January 15th, 2023



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

Cost: \$25 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:

Aaron Hemmel

2229 Moreau Terrace Jefferson City, MO 65101
Questions please call: 573-694-2115

Entries must be received by January 11th, 2023. 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, 2022 WILL DETERMINE AGE GROUP - ABSOLUTELY NO HIGH SCHOOL STUDENTS

General Admission: 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.

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.