

# 33rd Annual TRI-CAP Wrestling Club Tournament

Saturday, January 14th, 2023



## Weigh-Ins Times:

Friday, January 13th, 6:30 – 7:30 p.m. (Singlet)

Saturday, January 14<sup>th</sup> 6:30 – 7:45 a.m. (Singlet)

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

**Entry Fee: \$30 Non-Refundable**

**\$10 extra for weight changes after January 10th Registration**

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

**General Admission: FREE**

**Registration:** Please e-mail [Excel spreadsheet](#) of your rosters with exact weights, USAW card numbers and ratings to: [tricapwrestlingclub@hotmail.com](mailto:tricapwrestlingclub@hotmail.com)

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

**WRESTLER'S AGE AS OF December 31, 2022, WILL DETERMINE AGE GROUP - ABSOLUTELY NO HIGH SCHOOL STUDENTS** Entries must be received by **Tuesday, January 10th 2023**

**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 1<sup>st</sup>– 3<sup>rd</sup> 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 2021-22 results for ratings. (1) State Place Finisher (2) Good Wrestler – State Qualifier (3) Experienced wrestler but has not qualified for state (4) 1<sup>st</sup> or 2<sup>nd</sup> year wrestler (novices only)

**Refreshments:** Breakfast, lunch and snacks will be served from the concession stand. 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.**