



TRI-CAP Rookie Wrestling Tournament Sunday, January 14th, 2024

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

Entry Fee: \$30 Non-Refundable

Registration deadline: Thursday, January 11, 2024

Entry limited to first **200** wrestlers.

Coach's cards required.

Weigh-Ins

Remote Weigh-Ins Only

Skin checks Sunday from 7:00 to 8:00

Wrestling starts at 9:00 a.m.

First Year Wrestlers Only!

Concessions: Available throughout the tournament.

Hospitality Room: Available for coaches and officials

General Admission: **FREE**

All brackets will be Round Robin format.

We reserve the right to combine weights.

All Wrestlers will Medal.

6 & UNDER 34-37-40-43-46-49-52-55-58-61-64-67-70-73-76-80-88-95-110-111+

8 & UNDER 40-45-50-55-60-65-70-75-80-85-90-100-115-130-145+

10 & UNDER 50-55-60-65-70-75-80-85-90-95-100-110-120-130-150-170-190-210+

12 & UNDER 60-65-70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-150-165-175-185-210-250+

14 & UNDER 70-75-80-85-90-95-100-105-110-115-120-125-130-135-140-145-150-155-165-175-190-205-235-285

REGISTRATION:

Registration is through www.trackwrestling.com
Search 2024 TRI-CAP Rookie Wrestling Tournament

Contact info:

tricapwrestlingclub@hotmail.com

Aaron Hemmel 573-694-2115

RULES: 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)

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