



34th Annual TRI-CAP Wrestling Club Tournament Saturday, January 13th, 2024

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

Entry Fee: \$30 Non-Refundable

Registration deadline: Wednesday, January 10, 2024

Tournament will be ran on Trackwrestling.

Coach's cards required.

Weigh-Ins

Friday, January 12th, 6:30 – 7:30 p.m. (Singlet)

Saturday, January 13th 6:30 – 7:45 a.m. (Singlet)

Coaches meeting at 8:40 a.m. with Wrestling starting at 9:00 a.m.

\$10.00 bracketing fee for any wrestler who does not make the weight for which they registered.

Concessions: Available throughout the tournament.

Hospitality Room: Available for coaches and officials

General Admission: FREE

All brackets with four or less wrestlers will be Round Robin format. All brackets with five or more wrestlers will be either 8-man or 16-man brackets, double elimination (excluding 6U, which will be all RR). We reserve the right to combine weights.

Medals awarded to the top 3 wrestlers in every bracket.

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 Wrestling Tournament

Contact info:

tricapwrestlingclub@hotmail.com

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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.