



2010 USA IDAHO KIDS FREESTYLE & GRECO-ROMAN STATE CHAMPIONSHIPS



DATE: Friday, April 30 and Saturday, May 1, 2010

LOCATION: Columbia High School 301 South Happy Valley Road Nampa, ID

DIRECTOR: Rance Peterson (208) 941-8255 (c) or
Jerrid Verhaege (208) 409-7890 (c)

PRE-REGISTRATION: All wrestlers should pre register at www.trackwrestling.com
Beginning March 23rd thru April 26th 2010. All entry fees due
At weigh-ins. Any changes to weight can be made at that time
Without additional fees. \$15.00 per style
ON SITE ENTRY FEE WILL BE \$20.00 PER STYLE

**IF YOU PREREGISTER ONLINE YOUR WEIGH IN CARD WILL BE WAITING FOR YOU AT
THE PRE-REGISTERED TABLE.**

WEIGH-INS: WRESTLERS WRESTLING BOTH STYLES (Mountain Time)
Friday, April 30, 2010 @ 4:00pm to 5:00pm

GRECO ROMAN ONLY

Intermediate, Novice and Schoolboy/girl only
Friday, April 30, 2010 @ 4:00pm to 5:00pm

FREESTYLE ONLY

PreBantam & Bantam - Saturday, May 1, 2010 @ 6:30am to 7:30am
Intermediate, Novice & Schoolboy/girl - Saturday, May 1, 2010 @ 6:30am to 8:30am

- ✓ USA wrestling age and weight divisions.
- ✓ Must declare your weight at the scales. Two consecutive attempts to make weight.

- ✓ MUST wear your competition singlet during Weigh-ins.
- ✓ USA Weight Reduction Rule in force.
- ✓ Eligibility: In State residents ONLY or attends and Idaho School.

HEAD GEAR IS RECOMMEND BY USA IDAHO. WILL BE REQUIRED AT WESTERN REGIONALS

PLEASE MAKE NOTE OF USA IDAHO WEIGH-IN PROCEDURE

Wrestlers wrestling both styles may weigh-in for both styles on Friday.
All wrestlers who ONLY wrestle FREESTYLE **MUST** weigh in Saturday morning. **NO EXCEPTIONS.**
If you weigh in for both styles and forfeit/injury default for the Greco portion you will need to re-weigh
Saturday morning. This procedure will be followed closely. A withdrawal form will be required if you injury
default during Greco-Roman and must be approved by the Tournament Director and Tournament Trainer. If
you injury withdrawal and fail to complete this form you will be required to re-weigh on Saturday morning.

MORE INFORMATION ON BACK →

WRESTLING TIMES: (Mountain Time)
GRECO-ROMAN Friday, April 30, 2010 @ 6:30pm
FREESTYLE PreBantam & Bantam - Sat, May 1, 2010 @ 9:00am
Intermediate, Novice & Schoolboy/girl - Sat, May 1, 2010 @ 11:00am

WRESTLING FEE: \$15.00 PER STYLE IF PRE-REGISTERED
\$20.00 PER STYLE IF REGISTERING ON-SITE

ADMISSION: \$2.00 * Children under 12 free * Coaches free with valid USA Wrestling coaches card.

COACHES PASS: All passes must be picked up at weigh-ins.
✓ Those with a VALID USA Coaches card AND Copper or Bronze card = no charge.
✓ With Valid USA Coaches card or Idaho Coaches card you may purchase a pass for \$10.00.
✓ USA Wrestling Coaches cards will not be sold at tournament due to background check
WITHOUT PASS YOU WILL NOT BE ALLOWED ON FLOOR OR IN COACHES CORNER.
(Reminder: only 2 coaches per corner)

VIDEO PASS: \$15.00 *you take the place of a coach in the chair

PAIRING CLINIC: Friday, April 30, 2010 @ 3:30pm
Sat, May 1, 2010 @ 6:30am

REFEREES CLINIC: Friday, April 30, 2010 @ 5:15pm
Sat, May 1, 2010 @ 7:30am

COACHES CLINIC: Friday, April 30, 2010 @ 5:15pm
Sat, May 1, 2010 @ 8:00am

AWARDS: TOP SIX WILL RECEIVE MEDALS, THERE WILL BE A MEDAL CEREMONY WITH PODIUM.

REMINDERS:

- ✓ All wrestlers must have a reversible singlet or one of each color - blue/red
- ✓ No spandex biker shorts will be allowed under singlets.
- ✓ All shoelaces must be covered or taped.
- ✓ Each wrestler must come prepared with a handkerchief to be tucked inside their singlet during every match.

This is a qualifier for Western Regional's, which will be held in Pocatello ID in June. You MUST pick up your paper work for Western Regional's at the awards booth at this tournament. PAPER WORK MUST BE RETURNED BY MAY 12th

NEW this year, you MUST order your own Team Idaho Gear online by May 12th 2010, please refer to handout at state for the Team Idaho Gear website. You will pick up your gear at the tournament.

This is also a qualifier for the Schoolboy/girl Dual Team. You MUST complete and submit the paperwork at the state tournament along with a \$200.00 deposit if interested in making the Dual Team. Questions: send to topplate@ida.net

Kids Nationals will be held in Orem, Utah. You must attend and wrestle at Western Regions to be able to enter the Kids Nationals Tournament

NO OUTSIDE VENDORS ALLOWED AT THIS TOURNAMENT