



2010 USA IDAHO CADET & JUNIOR STATE FREESTYLE & GRECO-ROMAN CHAMPIONSHIPS



DATE: Friday, April 16 and Saturday, April 17, 2010

LOCATION: Lewiston High School 1114 9th Avenue Lewiston, Idaho

DIRECTOR: Conrad Garner (208) 610-3222 Dan Maurer (208) 790-4006

PRE REGISTRATION

All wrestlers should pre register at www.trackwrestling.com Beginning March 19th thru April 13th 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

PLEASE NOTE: ON SITE REGISTRATION FEE WILL BE \$20.00 PER STYLE

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

WEIGH-INS: WRESTLERS WRESTLING BOTH STYLES (PACIFIC TIME)
Friday, April 16, 2010 @ 3:30pm to 5:00pm

GRECO ROMAN ONLY (PACIFIC TIME)
Friday, April 16, 2010 @ 3:30pm to 5:00pm

FREESTYLE ONLY (PACIFIC TIME)
Saturday, April 17, 2010 @ 6:30am to 7:30am

- ✓ MUST wear your competition singlet during Weigh-ins.
- ✓ USA wrestling age and weight divisions.
- ✓ USA Weight Reduction Rule in force.
- ✓ No two weights, the only exception will be 15 & 16 year olds who wrestle as Juniors. You may forfeit rest time.
- ✓ Must declare your weight at the scales. Two consecutive attempts to make weight.

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: (PACIFIC TIME)
GRECO-ROMAN Friday, April 16, 2010 @ 6:30pm
FREESTYLE Sat. April 17, 2010 @ 9:00am

ELIGIBILITY: In State residents only or attends an Idaho school.
Current USA card. Have a Copy of your Birth Certificate with you
Recommended to have entered three (3) Idaho USA events.

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 16, 2010 @ 4:30pm
Sat. April 16, 2010 @ 7:30am

REFEREES CLINIC: Friday, April 16, 2010 @ 5:00pm
Sat. April 17, 2010 @ 8:00am

COACHES CLINIC: Friday, April 16, 2010 @ 5:30pm
Sat. April 17, 2010 @ 8:30am

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.

Cadets -Please pick up your paper work at the awards booth if you are planning on attending Western Regionals in Pocatello. Also, placement at this tournament is used in the selection process for the Idaho Cadet Dual Team.

Cadets and Juniors - This is a qualifier for the national *Team Idaho* team. Qualifiers at this tournament will have first priority. Those interested in going on and being a part of *Team Idaho* should pick up papers and make financial deposits at this time. Check at the awards booth for information. ***Team Idaho deposit is \$200.00 non-refundable.***

NO OUTSIDE VENDORS ALLOWED AT THIS TOURNAMENT